

## **S → SPECIFIC**

*What specific strategies are you going to use to achieve the goal? What is it, how much/how often...*

*Ex. I will get an A in my history class by completing all reading before class, meeting with the professor weekly to review my notes, using the library resources to help with research on my papers, completing papers at least 1 week ahead of time in order to leave myself time to have my paper reviewed in the Writing Center.*

## **M → MEASURABLE**

*How will you know your progress to completing your goal? What will you do/use to know your progress? The more vague your goal, the less you'll envision them*

*HINT Consider using midterm grades or making a smaller goal of what you will earn on each individual assignment if your goal is in regards to your grade.*

## **A → ATTAINABLE**

*How are you going to achieve the goal? What resources are you using to make this goal achievable? Goals should push you, but they also must be achievable. Challenge yourself, but not so much that you become overwhelmed. Challenge = growth, growth = change, strategic*

*This ties in to how specific it is, but relies more on you. If you have struggled with biology before, is it attainable for you to say that you're going to get an A in your biology class by studying a lot and doing your reading? What makes it attainable is using other resources*

## **R → REALISTIC**

*Are your goals realistic and relevant to you? Does the goal challenge you, yet allow you to succeed based on your skills? Is the goal realistic in the timeframe, or as a starting goal (your goal is not good to say I will run a marathon next week. However if the goal is to do it in 6 months, and you set up smaller goals to reach that goal- then it is realistic. And do you have the skills? what are you willing to work toward, has this worked in the past?*

*Ex. If you are a junior with a 2.5 cumulative GPA, it is not realistic to set a goal of having a cumulative 3.0 GPA at the end of the current semester. Mathematically it's not possible.*

## **T → TIMELY**

*Does your goal state the exact time of when accomplished? Too much time can lead to boredom and abandonment of goals.*

*If you don't set a time frame, it allows you an escape hatch; "I will have a cumulative 3.0 GPA" 3 months later ... "I still have a 2.7 cumulative GPA, it's okay, I'll reach my goal another semester". Deadlines motivate.*