

What are SMART Goals?

S pecific	This means the goal is clearly defined.
M easurable	The goal can be measured.
A ttainable	This goal is within the person's grasp.
R easonable	The goal is based on the skills and knowledge to be mastered and the person's current skill level.
T ime-bound	The goal is set with a specific timeline and dates for checking progress.

For example, I will lose 15 pounds within 3 months, by following a strict regimen of diet and exercise.

BIG *I will get my high school diploma in four years by completing four courses each semester and two courses each summer term.*

<i>daily</i>	I will set up an attendance schedule and attend all days assigned.
<i>daily</i>	I will record my attendance.
<i>daily</i>	I will maintain my student folder records.
<i>daily</i>	I will stay organized and use my class binder.
<i>daily</i>	I will check my daily agenda sheet and reflect on my learning progress.
<i>daily</i>	I will take notes in class.
<i>daily</i>	I will ask questions when I don't understand.
<i>daily</i>	I will teach my classmate(s) what I have learned.
<i>daily</i>	I will turn in my Daily Ticket to let the teacher know about my daily progress.
<i>daily</i>	I will work on PLATO every day for 45 minutes.
<i>daily</i>	• I will spend one hour each night studying for class.
<i>daily/weekly</i>	• I will review my notes each day, and reexamine them weekly.
<i>daily/weekly</i>	• I will write in my learning journal to record what I have learned and what I still have questions about.
<i>weekly</i>	I will take tests/quizzes weekly to check my progress.
	I will record my progress and graph the results.
<i>monthly</i>	• I will attend Student/Teacher conferences twice a month and set individual goals for each of my courses.