

Figure 3.2: Student SMART Goal Play Sheet

| Goal: | | |
|-------------------------|---|--------------|
| SMART components | Guiding questions | Notes |
| Specific | Why do I want to accomplish this goal? How will this goal make me successful in this class? | |
| Measurable | How will I know if I am making progress toward or have accomplished my goal? | |
| Attainable | Why do I want to achieve this goal? What help will I need to accomplish my goal? Who will I go to for help? | |
| Relevant | Why is this goal important to me? How will accomplishing this goal help me this year and in the future? | |
| Time bound | When do I plan on accomplishing my goal (this quarter, semester, or year)? What are some times when I can stop and review my progress toward completing my goal? | |

Reference

Conzemius, A. E., & O'Neill, J. (2014). *The handbook for SMART school teams: Revitalizing best practices for collaboration* (2nd ed.). Solution Tree Press.