

SMART Goals & Game Plans

Setting academic or learning goals are important to help you feel motivated to make the necessary changes for success. The ability to set and achieve goals in college is so important; it forms the foundation upon which success or failure of all other skills or learning depend. In addition to setting goals, it is important to devise a game plan (or action plan), which outlines how you will achieve your goals (step by step).

Creating S.M.A.R.T. goals is an excellent method of establishing goals.

Specific	<ul style="list-style-type: none"> ○ Explain the goal in detail – who, what, where, why ○ Could someone else understand your goal?
Measurable	<ul style="list-style-type: none"> ○ Make sure you quantify the goal ○ Are you able to track your progress towards goal? ○ How will you know if you achieve the goal?
Attainable	<ul style="list-style-type: none"> ○ Make sure the goal is achievable – not too easy, but not out of reach ○ Can you realistically obtain goal? ○ Do you have the necessary resources?
Relevant	<ul style="list-style-type: none"> ○ Make sure your goal is applicable to the present concern ○ Does this goal align with your long-term goals?
Time-bound	<ul style="list-style-type: none"> ○ Create a timeline/deadline for yourself ○ How long are you allowing yourself to achieve the goal?

1. What are your academic/learning goals for yourself and for your immediate future?

Goal#1:

Goal #2:

2. Create a Game Plan

Goal #1

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Potential Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date

Goal #2

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Possible Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date