

# SMART Goal Setting

HCTC Student Success Tools

**"To fail to plan is to plan to fail." —Benjamin Franklin**

A SMART goal explains a behavior using the following components:

## **S**pecific

A SMART goal identifies a specific action or event that will take place.

## **M**easurable

The description of a SMART and the outcome should be quantifiable.

## **A**chievable

A SMART goal should be attainable given available resources.

## **R**ealistic

A SMART goal should require you to stretch some beyond your normal routine and regular abilities, but allow for likely success.

## **T**imely

A SMART goal should state the time period in which it will be accomplished.

## Sample Goals:

What of the following are SMART goals? Indicate which of the SMART components are part of each goal.

1. To study harder.
2. To get a 4.0 spring 2007 semester GPA.
3. To become a better student.
4. To maximize my study time each day before social activities.
5. To improve my next test grade in ECON 101 by one letter grade.
6. To find a summer internship.
7. I want to join a club.
8. I want to decrease my credit card debt.
9. To lose 10 pounds.
10. To locate and research at least five possible summer jobs by February 28<sup>th</sup>.

## Revising a Goal to become SMART

My Original Goal:

### **S**pecific

Can my goal be more specific? **If yes, rewrite:**

### **M**easurable

Is my goal quantifiable? **If no, rewrite:**

### **A**chievable

Can I achieve this goal? **If not, rewrite:**

### **R**ealistic

Is this goal realistic—within grasp but not too easy? **If no, rewrite:**

### **T**imely

Do I have a specified time period for my goal? **If no, rewrite:**

**This is your final goal!**

### **Additional smart tips:**

- ◆ Consider short- and long-term goals.
- ◆ Develop several goals. For example, a list of 5 to 7 academic goals should keep you focused for one semester.
- ◆ Keep your goals in writing and in a visible location. You are more likely to stay motivated.
- ◆ Share your goals with someone who cares. Besides the motivator role s/he can take, this person may also help you succeed as a partner.
- ◆ Review your goals frequently.