

STUDY SKILLS

Manage time. Study smarter. Achieve goals.

SMART Goal Setting



- **Specific** - Too vague, and how do you know how to meet the goal? Break it into tasks.
- **Measurable** - Being able to measure progress means you know when you've met your goal.
- **Achievable** - It can be discouraging to set goals that aren't attainable. Make it doable!
- **Realistic** - It's good to set our sites high, but it's okay to start small and build from there.
- **Time-bound** - Give yourself a timeline to stick to and a deadline to meet. Check in and assess.

Goal #1: _____

Due date:	Tasks	by when/how often
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____

Goal #2: _____

Due date:	Tasks	by when/how often
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____

Goal #3: _____

Due date:	Tasks	by when/how often
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____
	<input type="checkbox"/> _____	_____