

What does SMART stand for?

S

Specific



M

Measurable



A

Attainable



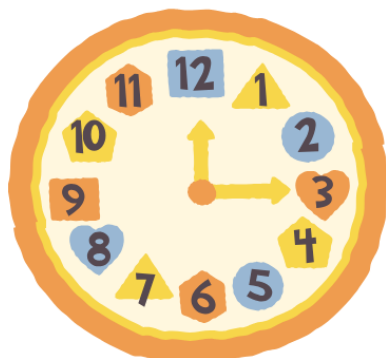
R

Relevant



T

Time-Bound



What is the goal?

Simple: I want to get better grades

SMART: I will better manage my time in order to get better grades.

Challenge: How do you make 'better grades' here more specific?

How will I measure my progress?

Simple: I will be able to study more

SMART: My success coach will keep me accountable in our meetings and I will use the 'Master Schedule' during my daily life

Do I have the skills and resources for it?

Simple: If I put my mind to it, I can do it

SMART: I can do a better job at studying by practicing the Pomodoro technique (25-5-15) in some of my free time

Why is this goal important to me?

Simple: I need good grades to graduate

SMART: If I can manage time better, I will be able to accomplish more every day which will help in my career development

When will I achieve the goal I set?

Simple: I will catch up on grades by the end of the week

SMART: I've worked with my success coach and by the end of the semester I will better manage my time and end with better grades