

# Setting S.M.A.R.T. Goals

When it comes to setting goals, the SMARTER the better. A S.M.A.R.T. goal is a goal that is:

- **SPECIFIC**

Be as specific as possible. Which chapters do you plan to read? How many pages do you plan to write?

- **MEASURABLE**

How will you know you have completed your goal?

- **ACTION-ORIENTED**

How will you study? Use active verbs (read, write, etc.) when planning this goal.

- **REALISTIC**

Be honest with yourself. Rather than setting unattainable, broad goals, stick with short-term, manageable goals.

- **TIME-BOUND**

What time and for how long will you study?

## Sample SMART goal:

I plan to read chapter 6 in my chemistry textbook and answer all of the review questions at the end. I am going to do this task on Tuesday evening; I have allotted 1 hour (7:30-8:30) to finish.

**Keep SMART goal elements in mind as you develop your study plan.**