

Student: \_\_\_\_\_ Date: \_\_\_\_\_

### SMART GOAL Worksheet

<b>S</b> pecific	<i>What am I going to learn /gain? Be as specific as possible in describing the change in yourself that you want to achieve.</i>
<b>M</b> easurable	<i>Using either/both quantitative or qualitative description, describe HOW you will “test” or assess yourself – AND what you will consider “success”.</i>
<b>A</b> ttainable	<i>Can I reasonably see myself achieving this goal at my site, with the resources and time available to me? List a few key steps toward attaining this goal, as well as any key resources you will need.</i>
<b>R</b> elevant	<i>How (in what ways) is the goal connected to any of the four Human Services Curriculum Topics from my Learning Plan (specify which topics)? How is the goal related to what I hope to gain from this practicum?</i>
<b>T</b> ime-bound	<i>What is my target date for completing my goal?</i>

Approved by:

As this student’s **Site Supervisor**, my signature here indicates that I have read and approved this student’s goal while serving their practicum at my organization.