



Tempe HS
Students have
goals –
SMART goals



2MC

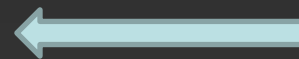
S.M.A.R.T.



<https://youtu.be/i0QfCZjASX8>



Press play
OR



Click on link

Creating SMART goals



Specific

Measurable

Achievable (attainable)

Relevant (realistic)

Time-bound

Creating **specific** goals

A **specific** goal has a much greater chance of being accomplished than a general goal.

A general goal would be:

 Do good in school.

But a **specific** goal would say:

 End semester 1 with 4 A's and 2 B's

Creating **specific** goals

To set a specific goal you must answer the six "W" questions:

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location. (Science Lab)

When: Establish a time frame. (For 2nd semester)

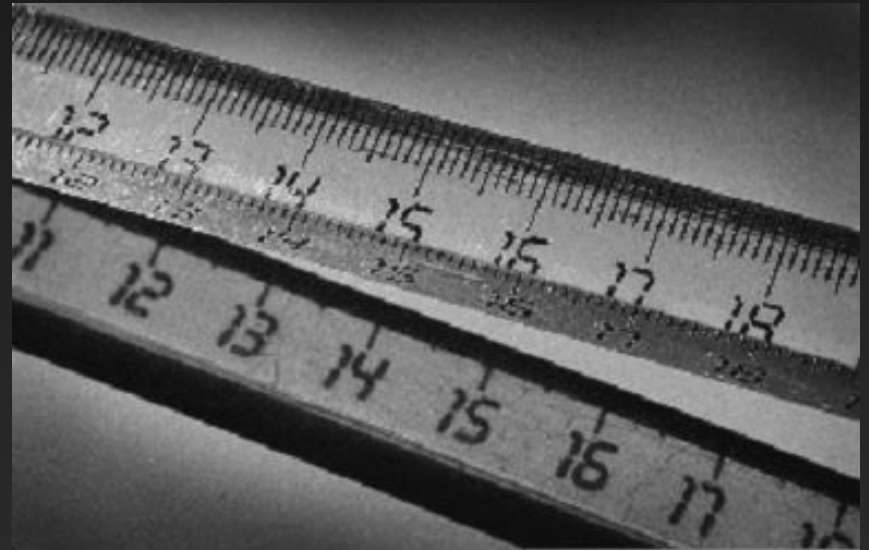
Which: Identify requirements and constraints.

Why: Specific reasons, purpose or benefits of accomplishing the goal.

Creating measurable goals

To determine if your goal is measurable, ask questions such as:

- How much?
- How many?
- How will I know when it is accomplished?



When you measure and monitor your progress, you **stay on track**, reach your **target** dates, and experience the excitement of achievement that motivates you to continued!

Creating attainable goals

Plan your steps wisely and establish a time frame that allows you to carry out those steps.

Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

Creating **realistic** goals

To be realistic, a goal must represent an objective toward which you are

Make sure you are both *willing* and *able* to work.

Creating **realistic** goals

To determine if your goal is realistic, ask questions such as:

- Do I **truly believe** that it can be accomplished?
- Have I accomplished anything **similar** in the past?
- Can I **identify the conditions** that would have to exist to accomplish this goal?

Make sure you are both *willing* and *able* to work!

Creating **time-bound** goals

Any effective goal must have a target date.

A deadline set too far in the future invites
procrastination.

A short term goal could be unrealistic and discouraging if you don't give yourself enough time!

Creating SMART goals

YOUR TURN!!

**Start thinking about the SMART
GOALS you want to set!!**