How challenging is your class? How curious are you about the class subject? What degree of control do you feel you have over your learning; how much do you feel you can increase your learning skills? How will this class affect your career?

What adjustments do you need to do, what steps do you need to take, to increase your understanding of this class?

**S** – **Specific** – are definite. They have a “what” and a “when” in the goal.

**M** – **Measurable** – have concrete details.

**A** – **Attainable** – must be within the student’s capacity to achieve.

**R** – **Relevant** – must be useful to some part of the student’s life/plan.

**T** – **Time limited** – must have an assigned date or time constraint.

A goal is what is desired over the long term. An objective is a step in the process of achieving the goal.

In the SMART Goal acronym “specific” is similar to a long-term goal of what is desired, “measurable” is similar to an objective or step to reach the goal.

Write a goal statement that includes all of the features outlined above:

__________________________________________________________________________________

__________________________________________________________________________________

What are the action steps to achieve this goal?

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

What will life look like when you reach this goal?

__________________________________________________________________________________

Do you see obstacles? If yes, what are they and what will you do about them?

__________________________________________________________________________________

I deserve this goal because:

__________________________________________________________________________________

Example goal: I want to save $500 using the money I make from my part-time income, so I do not have to rely on credit cards, by December 31, by saving $50 per month.

Commitment signature: __________________________________________ Date: __________________________