# SMART Goals Chapman Learning Commons

Using a **SMART** (Specific, Measurable, Achievable, Relevant, Timely) framework allows you to set detailed goals with a clearer picture of how to achieve them.

**Specific**

With a **specific** goal, you will know exactly what you want to accomplish. Knowing what you want to accomplish also gives meaning to your goal and that motivation in getting started.

*Ask yourself:*What do I want to accomplish? Why?

**Measurable**

A **measurable** goal has specific parameters, such as a certain number of defined tasks, that allow you to easily determine if you have completed your goal.

*Ask yourself:* How will I know when it is accomplished? Is there a specific number or goal I want to reach?

**Achievable**

Ensuring that your goal is **achievable** makes you consider your current circumstances. This includes aspects such as time constraints, your capacity as an individual and the resources you have (e.g., professors and teaching assistants) that will help you accomplish your goal.

*Ask yourself:* How will I achieve this? Is this realistic?

**Relevant**

Consider whether your goal is **relevant** to your broader long-term goals. Relevance ensures that your goal aligns with your values. Relevance also makes you consider whether completing this goal is worth your time and energy.

*Ask yourself:* Is this goal aligned with my longer-term goals?

**Timely**

Being **timely** with your goal allows you to give yourself a deadline and helps mitigate any feelings of procrastination.

*Ask yourself:* When will I achieve this goal? During this study period, in a few days, or months?

**Example SMART Goal (Math Class):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| S (Specific) | M (Measurable) | A (Achievable) | R (Relevant) | T (Timely) |
| Complete Webwork questions about derivatives of exponential functions. | 5 questions | Gives me 12 minutes per question. | I must complete these questions to grasp the concepts. Grasping the concepts will take me one step closer in succeeding in this course. | Deadline for myself: in 1 hour  \*Reminder: 20-question homework set is due in 4 days. |

**Putting it together:**

To better understand the concepts and succeed in this course, I’m going to complete 5 Webwork questions about derivatives of exponential functions in 1 hour today.

*Note*: If I do 5 questions for the next 4 days, I’ll complete my 20-question homework set on time.

**compared to having a goal of…**

I’ll complete math homework.

Use this table to create your SMART goals!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| S (Specific) | M (Measurable) | A (Achievable) | R (Relevant) | T (Timely) |
|  |  |  |  |  |

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