



Setting SMART Goals

Set SMART Goals

- **Specific:** Clearly define exactly what you want to achieve.
- **Measurable:** Establish criteria for measuring your progress.
- **Achievable:** Be sure that, realistically, you have the time and resources to meet this goal.
- **Relevant:** Pursue achievements that you care about. Can you state why the goal matters to you?
- **Time Bound:** Decide exactly when you will start and finish your goal.

Make Goals HARD

- **Heartfelt:** Develop an emotional attachment to the goal; it needs to fulfill some kind of existential itch.
- **Animated:** Visualize the goal and its outcome and replay it often in your mind.
- **Required:** Convince yourself that the goal is urgently necessary so that you have no choice but to start acting on it right here, right now.
- **Difficult:** Set goals that challenge you. The harder (but still attainable) the goal is, the harder we're willing to work for it.

Put your goals in WRITING, make an ACTION PLAN, and STICK WITH IT!

Table 1. Setting SMART and HARD Goals Table

Timeframe	Category	Goal	Action Plan
Semester Goal	Academic		
Semester Goal	Other		

Timeframe	Category	Goal	Action Plan
One-Year Goal	Academic		
One-Year Goal	Other		

For more information on setting goals, make an appointment with an [academic coach](#).
 Appointments are available in person at the [Student Success Center](#) or online.