SETTING S.M.A.R.T. GOALS

SPECIFIC
Get in the habit of making specific college goals and note what exactly you’re aiming for, who’s responsible for it, what action items are needed, etc. The more granular you are with your goal, the easier it will be for you to work on it.

MEASURABLE
Set quantifiable goals to help you keep track of your progress and give you an idea of what to adjust in your strategy or pace to get you on track to hit your goal.

ACHIEVABLE
Understand where you currently stand regarding your overall goal, and create one that’s attainable but challenging nevertheless because, without a good challenge, there’s no growth.

RELEVANT
Set academic goals that are relevant to your career or education, and make sure your goal is connected to your overarching goals. This way, each step you take will lead you toward your goal and help you progress in the right direction.

TIME-BASED
Every goal should have a deadline. Assigning a due date for each goal can create a sense of urgency and help you prioritize effectively.

EXAMPLE TO REACH YOUR GOAL OF WRITING A WELL-RESEARCHED PAPER AND COMPLETING IT ON TIME:
I will complete one section each week for 12 weeks, then dedicate week 13 and 14 to editing my paper to complete my paper by week 15 (or insert due date).