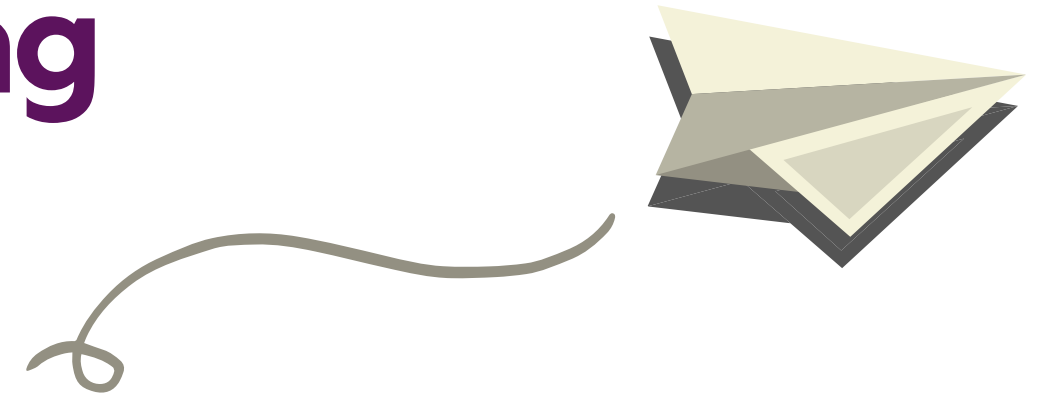


SMART Goal Setting



SMART is the instrument to apply in setting your goals and objectives.

- Specific**
- Measurable**
- Attainable**
- Realistic**
- Timely**

Goals should be straightforward and emphasize what you want to happen. For every outcome goal, there are usually several smaller process goals. Devise specific, measurable, and attainable process goals that require some effort but won't set the stage for failure. Remember to set a realistic and attainable timeframe to your process goals and an end point to your outcome goal.

| Academic/personal goal | 3 Steps toward this goal |
|------------------------|--------------------------|
| | |
| | |