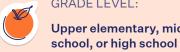




Individual students or whole class

**USE WITH:** 



**GRADE LEVEL:** Upper elementary, middle



CONTEXT: **Remote friendly** 

EDUCATOR PRACTICE

# Set SMART Goals

People are more likely to meet their goals when they make them SMART: Specific, Measurable, Attainable, Relevant, Timely.

Created by Edutopia

## **Description:**

This resource will help you set SMART goals: Specific, Measurable, Attainable, Relevant (Rigorous, Realistic, and Results-focused), and Timely (Trackable). This is a popular, evidence-based framework that makes goals more achievable. Est. time to complete: 25 minutes

## Steps:

- 1. Read <u>SMART Goal Setting With Your Students</u> as an introduction to the SMART goal framework.
- 2. Practice turning a typical goal into a SMART-er goal. For instance, specify when you will achieve the goal and what steps you will take to reach the goal.
- Making SMART goals takes time and effort. Try coming up with specific action steps and benchmarks for a variety of your teaching goals to hone your SMART goal setting skills.

## **Tips for Educators:**

Consider using the "Setting Character Goals" activity included in the article to help your students create their own SMART goals during class.





## Inspired by:

1. Conzemius, A., & O'Neill, J. (2009). The power of SMART goals: Using goals to improve student learning. Solution Tree Press.

#### **Related Materials:**

SMART Goal Setting With Your Students https://www.edutopia.org/blog/smart-goalsetting-with-students-maurice-elias

