USE WITH:
Individual students or whole class

GRADE LEVEL:
Upper elementary, middle school, or high school

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 SMART Goal Setting With Your Students 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.

3. 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.

along

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-goal-setting-with-students-maurice-elias