

SMART Goal Setting

Academic Success Center
Iowa State University

"To fail to plan is to plan to fail." —Benjamin Franklin

A SMART goal explains a behavior using the following components:

S pecific	A SMART goal identifies a specific action or event that will take place.
M easurable	The description of a SMART and the outcome should be quantifiable.
A chievable	A SMART goal should be attainable given available resources.
R ealistic	A SMART goal should require you to stretch some beyond your normal routine and regular abilities, but allow for likely success.
T imely	A SMART goal should state the time period in which it will be accomplished.

Sample Goals:

What of the following are SMART goals? Indicate which of the SMART components are part of each goal.

GOAL	S	M	A	R	T
1. To study harder.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. To get a 4.0 spring 2007 semester GPA.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. To become a better student.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. To maximize my study time each day before social activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. To improve my next test grade in ECON 101 by one letter grade.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. To find a summer internship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I want to join a club.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I want to decrease my credit card debt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. To lose 10 pounds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. To locate and research at least five possible summer jobs by February 28 th .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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