

S.M.A.R.T. Goal Worksheet

Directions: Enter your goal in to the goal box. Then enter the corresponding information from the goal into the individual S.M.A.R.T. boxes. Give to your partner to review what you entered. Do you agree? Is it a S.M.A.R.T goal?

Goal ~ Write/paste in the goal

☐ **Specific** ~ Clear descriptions of the knowledge and skills that will be taught and how progress will be measured.

Student specific

☐ **Measurable** ~ You can count or observe it

☐ **Action Words/Achievable** ~ Avoid using vague, broad or general goals. Make sure it is at an achievable level of attainment. What modifications are needed to make it attainable?

☐ **Realistic and Relevant** ~ Individualized and outcomes based on the student. This is based on assessment information in relevant academic and functional performance.