

Name: \_\_\_\_\_

**SMART Goals**

<b>S</b>	Specific	Why is this goal important to me?
<b>M</b>	Measurable	How will I measure my progress?
<b>A</b>	Achievable	What are the specific steps that I will take to achieve this goal?
<b>R</b>	Realistic	What obstacles stand in the way of achieving this goal? How will I overcome these obstacles?
<b>T</b>	Time-Bound	What is the time frame for this goal?

Setting Priorities: Rank the top five tasks that fit your priorities.

<u>Rank:</u>	<u>Task:</u>	<u>Notes to self:</u>
	Explore majors/ Declare Major	
	Know requirements for your program of study	
	Maintain desired GPA of _____	
	Improve academic Skills	
	Utilize academic support services	
	Explore careers/ attend career events/ panels, etc.	
	Get involved in campus activities	
	Improve your employment situation	
	Locate financial resources	
	Connect with faculty and advisors	
	Improve your living situation	
	Add:	
	Add:	

**ACTION PLAN: What do I need to do this \_\_\_\_\_?**

**SMART GOALS:**

**Specific:** Why is this goal important to me?

**Measurable:** How will I measure my progress?

**Achievable:** What are the specific steps that I will take to achieve this goal?

**Realistic:** What obstacles stand in the way of achieving this goal? How will I overcome these obstacles?

**Time-Bound:** What is the time frame for this goal?