

SMART GOALS

A Framework for Academic and Professional Goal Setting

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SPECIFIC

What is the desired outcome of this goal? Make sure the goal is precise and focused on that outcome.

MEASUREABLE

How will you measure the progress of your goal? Adding a unit of measure supports the validity of your goal. This may be qualitative, quantitative, or a mix of both methods.



ATTAINABLE

Consider the resources and skills needed to meet this goal. Ask yourself, "Is this a realistic goal?" or does it need to be refocused and drafted with a more narrowed scope?



RELEVANT

Does this goal align with the bigger picture and need for its development? Relevance of a goal hinges on its importance in achieving the overall objective for goal setting.



TIMELY

Provide a timeframe for completion and/or progress of the goal. This supports accountability, secures task prioritization, and instills motivation.

