Setting S.M.A.R.T Goals

**S.M.A.R.T.** goals are specific, measurable, attainable, relevant, and time-based goals that are personalized for you!

**Smart Goal Definitions and Key Questions:**

**Specific:** Consider making your goal clear, tailored, and personalized to what you want to achieve. It may be helpful to ask yourself, **what exactly do I want to achieve?**

- Examples Include: Creating a study schedule with distinct study times for your classes, personalizing your weekly planner, developing a personalized action plan with an academic coach.

**Measurable:** Consider how you will assess that your goal has been reached. It may be helpful to ask yourself, **“How will I know when I have achieved this?”**

- Examples Include: Checking off the days that you followed a study schedule, setting reminders on your phone to achieve your goals, journaling about your goals and how you are trying to achieve them.

**Attainable:** Consider how much control you have over your goal. It is important to ask yourself, **“Is this something that I have control over?”**

- Examples Include: Assessing how much time you have in your weekly schedule, researching what resources are available to help you, avoiding barriers that may hinder you being able to achieve your goals.

**Relevant:** Consider what makes this goal important to you. It might be helpful to ask yourself, **“Why is this goal applicable to my life?”**

- Examples Include: Your grades are a part of your final transcript, by reaching a certain GPA you will be able to study abroad, by doing well in your undergraduate journey you will be able to find a career in your desired field.

**Time Based:** Consider when you do you want to achieve this goal by and use this deadline to motivate you. It may be beneficial to ask yourself, **“When do I want to achieve this goal by?”**

- Example Include: I will try to be following my study schedule a week prior to my exam, I want to join at two clubs by the end of the semester, I want to receive my Clemson Ring, before I graduate.

**Write Your Own SMART Goal:**

S. ____________________________________________________________

M. ____________________________________________________________

A. ____________________________________________________________

R. ____________________________________________________________

T. ____________________________________________________________

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