



S.M.A.R.T. Goals

Developing sound goals is critical to identifying what you need to be doing now to get where you want to be in the future. S.M.A.R.T. goals are those that are Specific, Measurable, Attainable, Realistic, and Timely. Completing this activity will help you decide which goals are most important to you and find realistic ways in which to obtain those goals. To begin, choose 2 or more goals for each of the following time frames:

1. Goals as a college student
2. Goals right after graduation
3. Goals 10 years after college
4. Goals by retirement

Once you have decided on your goals, discuss how each meets the 5 criteria of S.M.A.R.T. goals. Here is an example of a goal and how you can go about setting up the activity on your document:

Goals as a college student

1. I will eat one helping of spinach at least three times a week starting next Monday.

Specific: "One helping of spinach"

Measurable: "At least three times a week"

Attainable: I can easily buy spinach every week at the farmer's market or grocery store.

Realistic: Making salad is quick and easy, and I enjoy spinach enough to eat it that often.

Timely: "Starting next Monday"

Make as many goals as you need to. They can be as small or as big as you'd like, as long as you're able to discuss how they are S.M.A.R.T. The goal of this activity is to help you learn what you want to do now, where you want to end up in the future, and how to make those goals happen.

Once you have completed the activity, send your work to the professional development coordinator or set up a meeting to discuss your goals and make sure they correctly fit the criteria of S.M.A.R.T. goals.