**S.M.A.R.T. Learning Objective WORKSHEET**

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

|  |  |
| --- | --- |
| **INITIAL** | What do you plan to accomplish? (Topic and skills you wish to learn?) |
| **GOAL** |  I want to learn how doctors work with patients, families, and nurses to provide excellent care |
|  |  |
| **S** | What are the parts (details) to make this goal happen? Who needs to be included? Why is this a goal?  |
| **SPECIFIC** |  I need to observe a doctor’s bedside manner with patients and their families. I need to observe his interaction with nurses. I will need to keep detailed notes on body language, mannerisms, and even specific phrases that are used. I also need to interview the doctor to get specific strategies that they use. I will need to show what I have learned by creating an informational video on the strategies that I have learned along with me giving examples of key strategies.  |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? How will you demonstrate growth?  |
| **MEASURABLE** |  I will have detailed logs and taped interviews. MY informational video will be 3-5 minutes long and will include at least three specific strategies along with me modeling those strategies for mock patients and families.  |
|  |  |
| **A** | Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? |
| **ACHIEVABLE** |  I don’t currently know much about doctors’ bedside manners, but I have always felt that this was one of the scariest parts of their job. How do you give bad news to patients and their families? I believe that the video will show quite a bit of effort as I will have to fully understand the strategies in order to create a professional product  |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? (Connect with YouScience.) |
| **RELEVANT** |  I want to be a doctor. According to my Youscience report I have critical thinking skills and great computational skills, but I communication can be a bit of a struggle. Since medicine is a match, I felt I should look at a more difficult part of the job.  |
|  |  |
| **T** | What’s the deadline and is it realistic? What makes this a rigorous 10-hour project? When is this going to take place?  |
| **TIME-BOUND** |  I will need to spend at least 5 hours shadowing my mentor and getting information. I believe that it will take another 5 hours or more to create and edit the informational video  |
|  |  |
| **SMART** | Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed |
| **LEARNING OBJECTIVE** |  I will shadow a doctor for a minimum of 5 hours to identify and observe how doctors’ communication with patients, their families, and nurses aids in giving excellent care. I will write, film, and edit a 3-5 minute informational video regarding 3 specific strategies doctors use and include mock examples.  |