**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.

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| **INITIAL** | What do you plan to accomplish? (Topic and skills you wish to learn?) |
| **GOAL** |  |
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| **S** | What are the parts (details) to make this goal happen? Who needs to be included? Why is this a goal?  |
| **SPECIFIC** |  |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? How will you demonstrate growth?  |
| **MEASURABLE** |  |
|  |  |
| **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** |  |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? (Connect with YouScience.) |
| **RELEVANT** |  |
|  |  |
| **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** |  |
|  |  |
| **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** |   |