

# 8/29/16

## Agenda

1. Turn in signed syllabus form and student info sheet
2. Learning target overview
3. SMART Goals presentation and guided notes
4. SMART Goals activity

---

---

# SMART Goals

— Goal-Setting for the School Year —

---

---

# What does it mean to set goals?

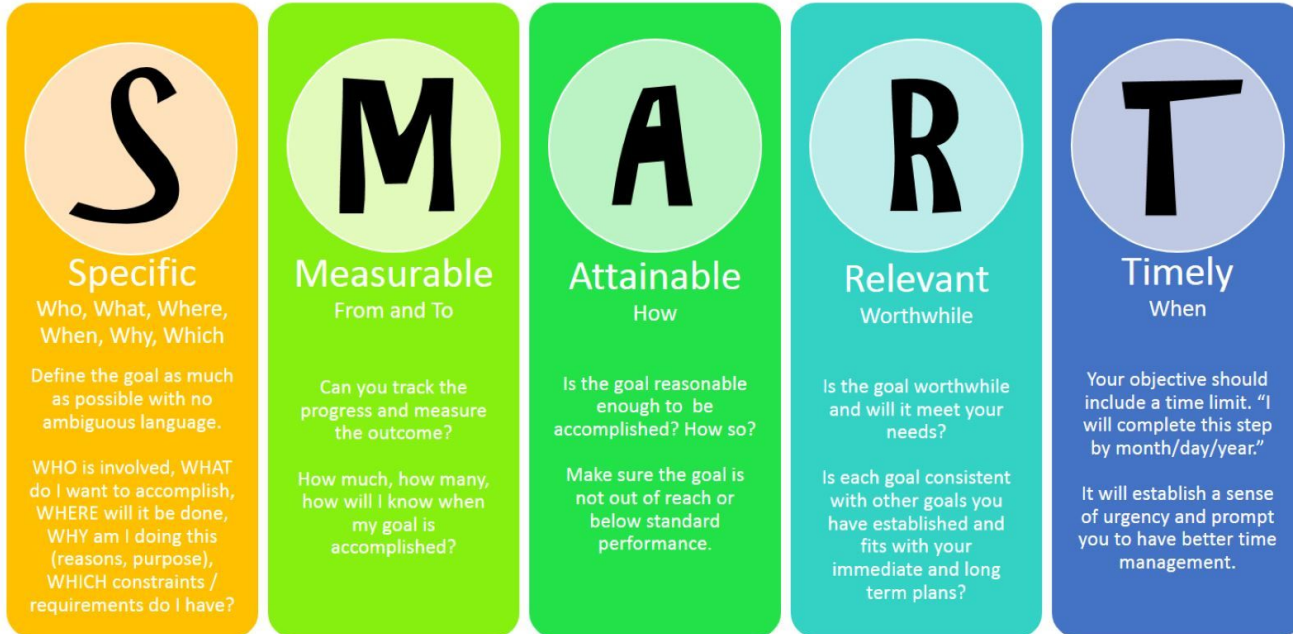
- What is a goal?
- Have you ever set goals?
- In what types of situations do we set goals?

# What makes a good goal?

- What makes a goal good?
- What makes a goal bad?
- How can we make sure we are setting good goals?

# SMART Goals

- What are SMART goals?
- How can we use SMART goals to be successful?



# Specific

- The goal is as clear and defined as possible (no ambiguous language)
- Tells the who, what, when, where, why and how of the goal
  - Who is involved?
  - What do I want to accomplish?
  - Where will it be done?
  - Why am I doing this?
- Examples of verbage

# Measurable

- The goal must be able to be measured or tracked
- Can you track the progress and measure the outcome?
- How much? How many? How will I know when my goal is accomplished?
- Quantifiable
- Verbage?

# Attainable

- The goal should be something you could actually accomplish
- Is the goal possible?
- Is the goal reasonable enough to be achieved?
- Make sure the goal pushes you, but is not so difficult that you have no shot
- Verbage?



# Relevant

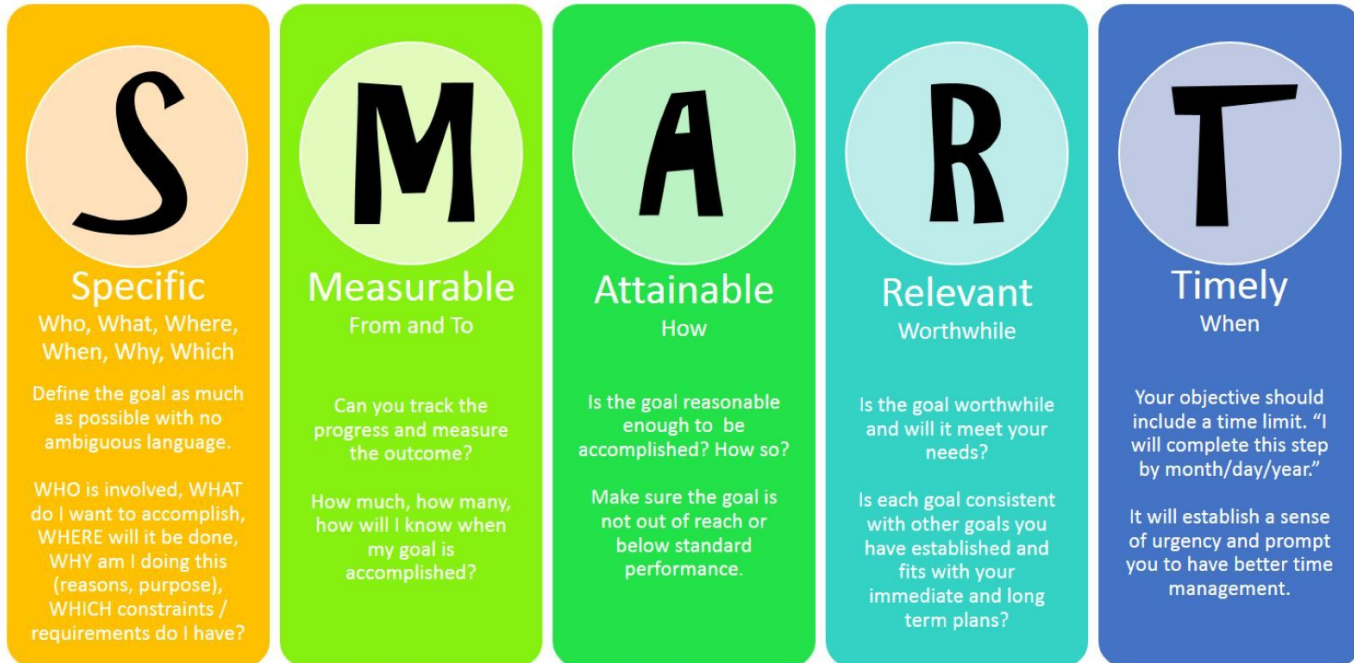
- Your goal should be worthwhile
- Will the goal meet your needs?
- Is your goal consistent with other goals that you have set?
- Does your goal fit with your long-term and short-term plans?
- Verbage?

# Timely

- Your goal should include a time limit
- Your goal should include a month and year
- This will provide a sense of urgency and help with time management
- Verbage?

# SMART Goals

- Examples?



# SMART Goals

- Activity
  - Set two SMART Goals for English class this year
  - Write your two goals in the top two boxes
  - In the boxes below, explain how each goal fits the SMART goal qualities (How is it specific? How is it measurable? etc)
  - Due to the drawer by the end of class!