SMART GOALS

The acronym SMART was developed by George T. Doran in 1981. The acronym stands for specific, measurable, attainable, relevant, and time bound.

**Specific-**Target a particular behavior or task that you want to work on.

**Example:** Increase study days

**Measurable-**Quantify the goal to assist with tracking progress.

**Example:** Five days weekly

**Attainable-**Think about the resources you will need to achieve your goal.

**Example:** Planner to create a study plan, Canvas calendar to track assignments

**Relevant-**Your goal needs to fit for where you are now.

**Example:** Study habits are impacting grades and would like to improve test scores

**Time Bound-**Create a deadline for when to complete your goal.

**Example:** May 5

**Put it Together:** I will use a planner and the Canvas calendar to increase study days to five days per week by May 5.

Reference:

Krause, Joseph. “The History and Evolution of Smart Goals.” *Achieve It,* <https://www.achieveit.com/resources/blog/the-history-and-evolution-of-smart-goals>.