

SMART Goals

Use this framework to manage your time and set achievable academic goals.

S	Specific. Defines and narrows your goal to make it more effective.	
M	Measurable. Includes criteria to measure progress. A clear definition of success. Use a unit of measurement	
A	Achievable. Make it challenging but still attainable. Consider resources, support, & constraints.	
R	Relevant. Your goal should align with your long-term goals and make the most sense for you.	
T	Time-based. Set a realistic end date to your goal. This will help with prioritization and motivation to reach the goal.	