

**VISION:**  
**6. SMART GOALS**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**

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SETTING TO DISCUSS:**  
*"A DREAM IS JUST A DREAM.  
A GOAL IS A DREAM WITH A  
PLAN AND A DEADLINE."*  
**HARVEY MACKAY**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**  
*"PEOPLE WITH GOALS SUCCEED  
BECAUSE THEY KNOW WHERE  
THEY'RE GOING"*  
**EARL NIGHTINGALE**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**  
*"DISCIPLINE IS THE BRIDGE  
BETWEEN GOALS AND  
ACCOMPLISHMENT."*  
**JIM ROHN**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**  
*"EVERY CEILING, WHEN REACHED,  
BECOMES A FLOOR, UPON WHICH  
ONE WALKS AS A MATTER OF  
COURSE AND PRESCRIPTIVE RIGHT."*  
**- ALDOUS HUXLEY**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**

**"IN ALL THINGS THAT YOU DO,  
CONSIDER THE END."  
- SOLON**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**

**"YOU CANNOT CHANGE YOUR  
DESTINATION OVERNIGHT, BUT YOU  
CAN CHANGE YOUR DIRECTION  
OVERNIGHT!" JIM ROHN**

**QUOTES ABOUT GOAL  
SETTING TO DISCUSS:**

**"THERE ARE ONLY TWO RULES FOR  
BEING SUCCESSFUL. ONE, FIGURE  
OUT EXACTLY WHAT YOU WANT TO  
DO, AND TWO, DO IT."  
- MARIO CUOMO**

# BIG IDEA



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- The first job is to pick a long term goal; something big and important you would like to achieve in any aspect of your life.

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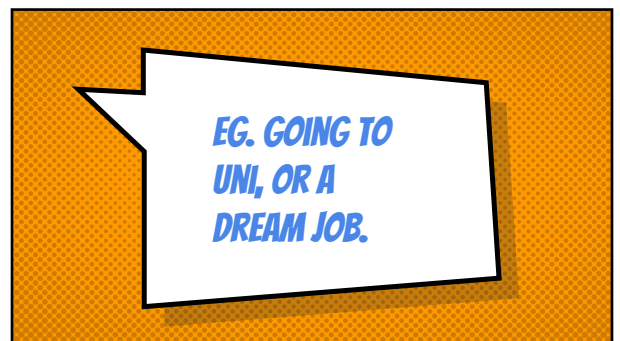
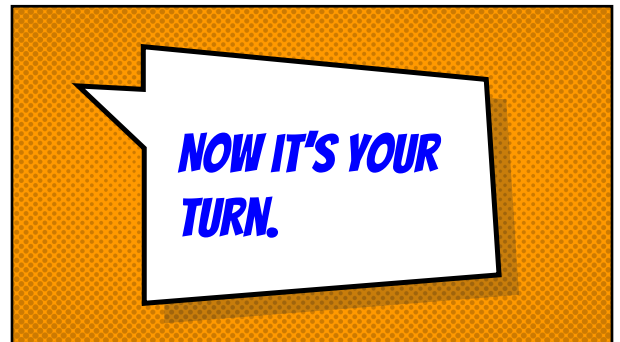


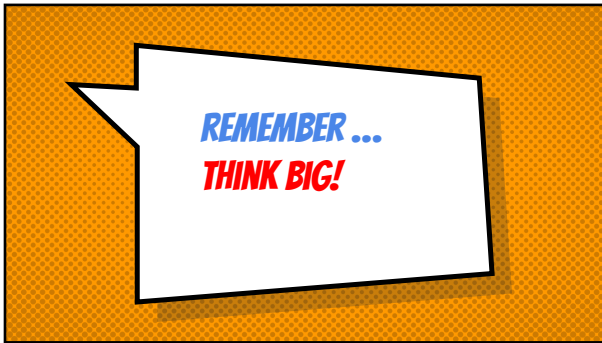
- SMART Goals were designed in 1981 by George Doran, a successful business leader who designed the framework we use today.
- In this activity you are going to develop your own SMART goals – i.e. *something concrete and doable* which will help you reach the aims and targets you have set for yourself.
- The first job is to pick a long term goal; something big and important you would like to achieve in any aspect of your life.
- Use either a career goal, a personal goal or an education goal.

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**USE A TEMPLATE SIMILAR TO THIS ONE....**

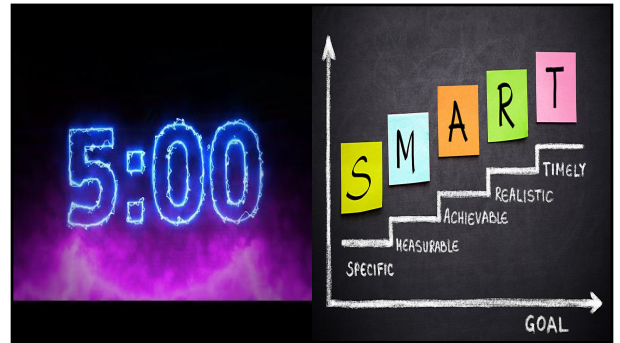
OUTLINE GOAL	Write the goal you have in mind:
S SPECIFIC	What do you want to accomplish? Who needs to be included? When so you want to do this?
M MEASURABLE	How can you measure your progress and know if you've successfully met your goal?
A ACTION-BASED	Do you have skills to achieve the goal? If not can you obtain them? What's your motivation?
R REALISTIC	Why are you setting this goal now? Is it realistic in the time frame you have set?
T TIMEBOUND	What's the deadline? Is this deadline realistic?

**HERE'S AN EXAMPLE FROM ONE OF OUR PREVIOUS STUDENTS....**

OUTLINE GOAL	Write the goal you have in mind: <i>Get a job in computer game design within 5 years</i>
S SPECIFIC	What do you want to accomplish? Who needs to be included? When so you want to do this? <ul style="list-style-type: none"> <li>- <i>Get onto the BA(Hons) Games Design Course @ University of the Arts (London) - or similar course</i></li> <li>- <i>Find out grades required, speak to tutors / parents, complete Personal statement.</i></li> </ul>
M MEASURABLE	How can you measure your progress and know if you've successfully met your goal? <ul style="list-style-type: none"> <li>- <i>Predicted A Level grades meet UCAS min requirements, Passed GCSE English resit, gained Conditional offers from 3 Uni's</i></li> </ul>
A ACTION-BASED	Do you have skills to achieve the goal? If not can you obtain them? What's your motivation? <ul style="list-style-type: none"> <li>- <i>Need to pass English and Computer Science A Level. Motivated by career prospects and enjoyable job / life</i></li> </ul>
R REALISTIC	Why are you setting this goal now? Is it realistic in the time frame you have set? <ul style="list-style-type: none"> <li>- <i>Getting to end of Yr12 and need to consider the future. Industry is growing and always been passionate about gaming, so very motivated</i></li> </ul>
T TIMEBOUND	What's the deadline? Is this deadline realistic? <ul style="list-style-type: none"> <li>- <i>Time frame allows to finish University and a further 2 years to find a job in the industry (want to travel, etc.) Might achieve before this time?</i></li> </ul>

**OVER TO YOU.**

**YOU'VE GOT 5 MINS TO COMPLETE A SMART TARGET.**



**SHORT TERM SMARTS**

- SMART goals take your goal setting to the next level, but they need practice.
- Try setting 4-5 SMART goals for the next fortnight.
- Imagine how you would feel if you had every one of those 5 short term goals done in the next 10 working days!
- Try choosing one per subject, for example:
  - A homework piece you want to complete really well
  - A part time job application and interview
  - An upcoming test you want to perform well in
  - A section of notes you want to re-organise and revise

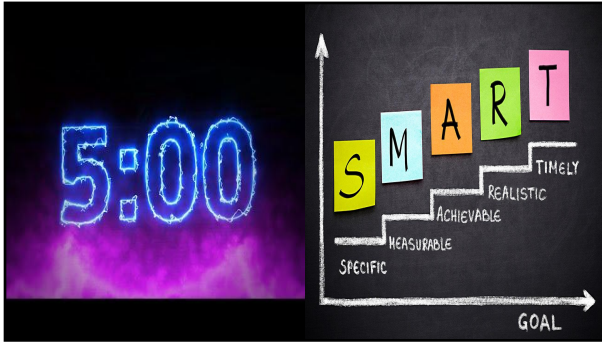
**HERE IS ANOTHER EXAMPLE...**

**ONLY THIS TIME IT'S A SHORT TERM SMART.**

OUTLINE GOAL	Write the goal you have in mind: Score over 60% in Genetics test next week
S SPECIFIC	What do you want to accomplish? Who needs to be included? When do you want to do this? Ultimately an A in Biology, Genetics is my weakest subject. Need to get some past questions from tutor, today!!!
M MEASURABLE	How can you measure your progress and know if you've successfully met your goal? Use multiple choice quiz online to test knowledge. Complete practice questions and compare to mark scheme (Over the Weekend / Monday)
A ACTION-BASED	Do you have skills to achieve the goal? If not can you obtain them? What's your motivation? Need to read through Genetics chapter in text book and make notes (tomorrow & Friday)
R REALISTIC	Why are you setting this goal now? Is it realistic in the time frame you have set? Last assessment was 42%, so will be difficult, but definitely achievable if I revise
T TIMEBOUND	What's the deadline? Is this deadline realistic? Deadline is date of test!

**NOW IT'S YOUR TURN AGAIN.**

**5 MINS TO COMPLETE A SHORT TERM SMART TARGET.**



### ***FINAL THOUGHTS***

- × Could you use the SMART Target goal setting technique to create a goal for each one of your subjects?
- × Before writing the goals however, you would need to be:
  - × Clear on the grade you wanted.
  - × Know how you were going to prepare for the exams.
  - × What resources you intended to use.
  - × When you will have mastered sections of the syllabus by.
  - × Know exactly when the exams are.