Create a S.M.A.R.T. GOAL for your Academic Plan   Student Name: _____ Student ID: _____

Take a few moments to reflect on what you would like to accomplish this semester (in 2 sessions or in 16 weeks) in order to improve your academic performance. Focus on at least 3 goals you would like to work towards and write them down. In each category, answer the following questions below to create your S.M.A.R.T. goals:

Specific:	(Who, What, Where, When, WHY?) What exactly do you want to achieve/accomplish? Why is this Goal Important?
Measurable:	How will you know when you are close to your goal or when you have completed your goal?
Achievable/Attainable:	How can you break your goal down into smaller, manageable steps?
Realistic/relevant:	What is the outcome/change that you expect to achieve? To make progress on this goal what behaviors might you need to change? What new behaviors might you need to complete this goal?
Time-sensitive:	What can you do today, tomorrow, next week, in two weeks to complete this goal?

Example GOAL: *"I want to pass my courses"*

Specific:	**Measurable:**	**Achievable/Attainable:**	**Realistic/relevant:**	**Time-sensitive:**
I want to get an A in my BUS 500 course this session.	I want to receive no less than an (87%) B+ or higher on my DQs and peer responses as well as my major assignments.	I will spend 2 hours each day every week =14 hours to study and do research on my assignments	I will attend classes on time and leave work 30 mins early after talking to my boss about my goals. I will need to meal prep, and create a schedule and stick to the schedule.	**Today:** I can go to class at 6 pm on time **Tomorrow:** I can submit my Discussion questions and do peer responses. **Next week:** I can read my textbook and prepare for my major assignments

GOAL #1: _____

Specific:	Measurable:	Achievable/Attainable:	Realistic/relevant:	Time-sensitive:

GOAL #2: _____

Specific:	Measurable:	Achievable/Attainable:	Realistic/relevant:	Time-sensitive:

GOAL #3: _____

Specific:	Measurable:	Achievable/Attainable:	Realistic/relevant:	Time-sensitive:

GOAL #4: _____

Specific:	Measurable:	Achievable/Attainable:	Realistic/relevant:	Time-sensitive: