

Use this table to plan your SMART goals on your FGW course(s)

Goal (make sure it is specific)	How will I measure my success?	Is the goal attainable?	How is it relevant to what I want to achieve?	What timescale is involved? What are the key dates?
Achieved the average score of the subjects being studied above 6.5	Each test must be 6.5 points or more	Attend classes fully at school and spend 1 hour/3 days/week on homework	Improve your academic results, help you orient yourself in college	I have 7 weeks to try to finish this
Get an IELTS score of 6.0 to 6.5	Score for each skill must be above 6.0	Spend 30 minutes/ 3 days/ week practicing skills	Support the learning process and have more chances of finding a job in the future	I try to achieve this within 1 year
Learn more about programming languages	Take 30 minutes to learn through websites or Youtube	Take 45 minutes/2 days/ week to learn and learn more	Good support for upcoming IT courses, improve your programming skills	I do it every day
I call my family every day	Set aside time every night to talk to your family on the	Spend 30 minutes/ day/ week calling home	Helping family feel better, grasp the health situation of everyone	I do it every day

	phone		in the family	
Play volleyball with the club	Play about every 2 hours with the club	Spend 2 hours/3 days/week playing volleyball	Help improve health	Do it 3 days per week
Going out, having coffee with friends	Go every 2 hours with friends	Spend 2 hours/2 days/week to go out to eat, drink, coffee in the friend area	Improve friendship relationship, improve intimacy level to help each other in study and life	Do it 2 days per week

Make a weekly study plan in this semester

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7h30-12h20	Take the class at school		Take the class at school		Take the class at school		
	14h-15h		Do homework		Do homework		Do homework	
Afternoon	16h30-18h30	Playing volleyball		Playing volleyball		Playing volleyball		
Evening	19h-19h30	Make a phone call to my family	Make a phone call to my family	Make a phone call to my family	Make a phone call to my family	Make a phone call to my family	Make a phone call to my family	Make a phone call to my family
	20h-20h30		Practice lelts		Practice lelts	Learn more about programming languages	Practice lelts	Learn more about programming languages
	21h-22h			Go out with friends				Go out with friends