# Session 2: Set SMART Academic Goals.



**Recap**

- Review progress from session 1 and discuss any tasks your mentee has completed. Address any questions or challenges they faced.

## INTRODUCTION

Welcome to Session 2, which is to be covered in Week 3 & 4. This module delves into the powerful concept of SMART goal setting. By guiding your mentee through this framework, you'll empower them to transform vague aspirations into a clear roadmap for academic achievement. Setting SMART goals fosters focus, motivation, and a sense of accomplishment as your mentee progresses through their academic journey.

## What are SMART Goals?

SMART is an acronym that stands for five key elements that will make mentees goals powerful and achievable. Explain what SMART goals are and why they are important.

- ○ **Specific**: Clearly defined and focused.
- ○ **Measurable**: Quantifiable to track progress.
- ○ **Achievable**: Realistic and attainable.
- ○ **Relevant**: Aligned with broader objectives.

○ **Time-bound**: Set within a specific timeframe.

## The Power of SMART Goals

### Guide

Introduce the concept of SMART goals and its importance in achieving academic success. Explain each element of the SMART framework: Specific, Measurable, Achievable, Relevant, and Time-bound. Provide real-world examples of how SMART goals can be applied in an academic setting.

### Activity

Brainstorm a list of common academic goals students might have (e.g., improve GPA, master a specific skill, complete a research project). Discuss why these goals might not be effective and how they could be transformed into SMART goals using the provided framework.

## Identifying Academic Goals

### Guide

Facilitate a discussion with your mentee to identify their specific academic goals for the semester or academic year and their time in university. Encourage them to consider their long-term aspirations and how these short-term goals contribute to their overall academic journey.

## Developing SMART Goals

Work collaboratively with your mentee to refine their initial goals using the SMART framework. Ensure each goal is:

■ **Specific**
Clearly defines the desired outcome (e.g., improve GPA in Biology by 0.5 points by the end of the semester).

■ **Measurable**
Establishes clear criteria to track progress (e.g., achieving a B+ or higher in all Biology exams).

- **Attainable**

  Sets a challenging yet achievable goal considering their current skills and resources.

- **Relevant**

  Aligns with their overall academic aspirations and program requirements.

- **Time-bound**

  Specifies a deadline for achieving the goal (e.g., by the end of the semester).

## Benefits of SMART Goals

### Guide

Discuss the benefits of setting SMART academic goals. These include increased focus and motivation, clear Roadmap,improved time management, time management mastery,and a greater sense of accomplishment.

### Activity

Have your mentee reflect on the benefits of setting SMART goals. Encourage them to consider how these goals will help them achieve their academic aspirations.For each goal, have the mentee outline an action plan that includes:

- The specific steps they will take to achieve the goal.
- Intermediate milestones.
- A timeline with deadlines.
- Help the mentee brainstorm potential academic goals that align with  their interests and WMI program objectives.

### Activity for Next Session

In preparation for session 3: Time Management, encourage your mentee to reflect on their current time management strategies. Ask them to track their time for a typical day, logging activities like attending classes, studying, leisure time, and sleep. This self-assessment will provide valuable insights for optimizing their time management practices in the next session.

## Feedback Form

Please fill out the feedback forms at the end of your meeting. Share the mentee feedback form with your mentee to fill out as well. Your input helps us improve the program, and we appreciate your assistance.

Mentor feedback form - https://airtable.com/app9D3AZKrWuuIryo/shrEc8sDgcxbci9Wt

Mentee feedback form - https://airtable.com/app9D3AZKrWuuIryo/shrH0VAQT8he1C3kx.