



Part I: Short-Term Goal

1. Applying the SMART goal method, draft a short-term goal that can be accomplished in less than 1 year.

S

Add **SPECIFICs** by answering who, what, where, when, and how.

M

Make your goal **MEASURABLE**: How will you track your goal? How will you know when you reached your goal?

A

Is the goal **ACHIEVABLE**? What specific knowledge, skills, contacts and abilities do you have & what do you need to develop to accomplish this?

R

Why is this goal **RELEVANT**? Why do you want to reach this goal? Will this goal motivate you?

T

Make your goal **TIME-BOUND**. When will you reach your goal by?

2. State your short-term SMART goal

Part II: Long-Term Goal

1. Applying the SMART goal method, draft a **long-term goal** that can be accomplished upon/after graduation

S

Add **SPECIFICs** by answering who, what, when, where, and how.

M

Make your goal **MEASURABLE**: How will you track your goal? How will you know when you reached your goal?

A

Is the goal **ACHIEVABLE**? Is the goal **ACHIEVABLE**? What specific knowledge, skills, contacts and abilities do you have & what do you need to develop to accomplish this?

R

Why is this goal **RELEVANT**? Why do you want to reach this goal? Will this goal motivate you?

T

Make your goal **TIME-BOUND**. When will you reach your goal by?

2. State your long term SMART goal