

## SPECIFIC

- ❑ Make it one distinct goal
- ❑ Make it clear
- ❑ Narrow it down so it is as specific as possible
- ❑ Pinpoint it so you can easily state your goal and whoever hears the statement has very little questions as to what your goal would entail



*“My goal is to...specifically I would like to...”*

## MEASUREABLE

- ❑ Develop a system that allows you to “rate” how far you’ve come and how far you have to go
- ❑ Come up with a way to know that you have indeed accomplished your goal



*“I will do such and such by this date. I will know that I have achieved my goals when I receive...”*

## ACTION-ORIENTED

- ❑ Make sure that you are describing how you are going to turn your words into reality
- ❑ Explain what you can do to bring your vision to action



*“In order to achieve this goal I will do the following things...”*

## REALISTIC

- ❑ Make sure your goal is achievable in the place that you are, with the resources that you have, and the time that you are given



*“This goal is realistic because...and as long as I...”*

## TIMELY

- ❑ Give yourself a couple of deadlines to keep yourself on track.
- ❑ Put those deadline in a calendar with reminders of what you are supposed to do when



*“I will contact so-and-so by...I will schedule a meeting by...I will have my plan complete by...”*

## Past Student Exemplars: SMART Goals

### Grade 5 Camp Counseling

**S:** My goal is to make sure every child in my cabin is included and getting along. I will help by getting involved in the activities we do in our cabin and making sure we all want to do it. With compromise, everyone will be included and get along.

**M:** I will know when I have accomplished my goal when everyone is participating in our conversations and are having fun.

**A:** To make my goal become a reality I will make sure that not only I am involved but my cabin kids are as well. We will have group conversations and cabin activities.

**R:** My goal is realistic because I will be guiding everyone to include each kid. I will make all the children feel welcome in whatever we do.

**T:** From the moment I meet the kids in my cabin, I will make sure each kid knows they are welcome to join in conversations and anything else we might do. By the end of the trip there should be few disagreements and any that may happen will be resolved.

### Organizing Committee for the Terry Fox Run:

**S:** My first goal in this leadership experience is to encourage everyone in the senior school to take a pledge form and get pledges, no matter how many.

**M:** I will measure this by the number of pledge forms I hand out and the number of forms I get back.

**A:** This goal is attainable because by raising awareness I can educate the students of the great need of cancer funding and motivate them to get as many pledges as they can!

**R:** I believe that this is a realistic goal because it is one that I can do all of the time. It will not matter if I am in between classes or at lunch, I can constantly be reminding people of this importance of these pledges.

**T:** This is a timely goal because it will need to be completed by the deadline for pledges, September 28th, 2011.

### Thunderbird Mentoring

**S:** To always act with patience with the students.

**M:** I will measure my success by how calm I am during our sessions, and how understanding I become of the students.

**A:** I will try not to get irritated, and quell any short-tempered reactions. I will always act with a smile and with composure.

**R:** This goal is realistic because I have learned through the past year at Thunderbird, that patience is key to the students' understanding. I have become much more patient than I was last year, but still I would like to develop more patience and tolerance, to the extent where I do not have to remind myself how to act with the students.

**T:** This goal is one that will be carried on throughout the next 2 years I volunteer with Thunderbird Mentoring. Although this year has already past, and the last Thunderbird Mentoring session has ended, I look forward to the start of next year. Meanwhile, I will make sure to build up my patience in all aspects of my life, in preparation for Thunderbird Mentoring.