**Two Models for Goal Setting: SMART Goals**



**Short-Term and Achievable Goals (SMART Goals)**

Watch Introduction to SMART Goals: <https://youtu.be/L7KS9Ppqqk0>

**As an example, let’s imagine you are concerned about food scarcity in the city, and want to gain knowledge and experience related to that issue. You learned about an organization doing this work in one of your classes and are committed to getting involved with their efforts to build experience and gain knowledge about this issue.**

## **Specific**

### **Identify what you want to achieve. The more narrow and specific the better.**

* E.g., You are particularly keen on being on the front line so you can speak to people in need of greater food security to better understand their situations.

Enter your answer below:

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## **Measurable**

### **Recognize how you will identify your progress in achieving this goal.**

* E.g., By exploring the organization’s website you see they have a volunteer program. You commit to obtaining a volunteer position within one month.

Enter your answer below:

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## **Attainable**

### **Set a goal that is realistically achievable in the timeline you have identified.**

* E.g., You take a closer look at your course schedule and determine you can afford 4 volunteer hours a week and still have time for your homework and part-time job. You make sure your volunteer understands the limitations to your availability.

Enter your answer below:

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## **Relevant**

### **Make goals based on your current values and aligned with your future interest.**

* E.g., You focus on obtaining a position that will give you the front-line experience you are seeking. Once there you look start thinking of ways that will enable you to address gaps or issues that you think are important.

Enter your answer below:

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## **Time-based**

### **Motivate yourself by setting achievable road markers and deadlines.**

* E.g., After three months you develop and pitch one of your ideas to the organization.

Enter your answer below:

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**Tips for Success**

Everyone faces unexpected roadblocks at times in their lives.

If you have set a goal using these models but had difficulty achieving your goal, do not give up!

Challenging times provide us with useful lessons, and these are perfect opportunities to reflect.