



Reach Your Potential
by setting **S.M.A.R.T** targets





Lesson Outcomes

By the end of this lesson student will be able to:

- **Identify** the benefits of SMART Goals.
- **Explain** What S.M.A.R.T Goals are.
- **Demonstrate** that you can Set SMART Goal/s for yourself.



SMART GOALS/TARGETS

- Who knows what the acronym **S.M.A.R.T** stands for



- Why do you think it is helpful to set **SMART** targets?

SMART TARGETS ARE:

S specific

M measurable

A achievable & agreed

R relevant

T time bound



MAKING SMART GOALS



<p>Specific</p>	<p>"I will achieve my assignments" is not specific enough</p> <p>"I will achieve a Grade C in my English assignment..." is being specific</p>
<p>Measurable</p>	<ul style="list-style-type: none"> -Achieve Grade C in my assignment -Improve my attendance from 71% to 80% -Contribute more in class by answering 1 question in
<p>Action/Achievable</p>	<p>by reading 2 scripts from last lesson and writing a draft before my final piece</p>
<p>Realistic/relevant</p>	<p>Be realistic! You'll lose motivation if you feel you cannot achieve your target/goal</p> <p>Your target needs to be something <u>you can</u> actually achieve Can you achieve this goal?</p> <p>Keep your targets relevant to your own key aims and objectives.</p>
<p>Time</p>	<p>If you don't set yourself a timeframe, you will not know when to take action.</p> <p>Setting deadlines will help keep you focused and on track.</p>



SMART GOALS/TARGETS

- **SMART** targets can help you achieve your longer term aims and objectives.
- **SMART** targets form a step-by-step approach to a greater goal or career aim
- **SMART** targets are shorter term aims





What areas of life can you set **SMART** targets for/in:

- Academic Life
- Personal Life
- Professional Life





Example of a SMART Target:

MAKING SMART GOALS

Specific	What <u>EXACTLY</u> do you want to happen?
Measurable	How will you know you have reached your goal?
Action	What steps will you take to reach your goal?
Realistic	Can you achieve this goal?
Time	What is the deadline for reaching your goal?



Remember – **SMART** targets are a stepped approach to reaching your future career or personal goals:

