

Names: _____ Date: _____

SMART GOALS STUDENT WORKSHEET

For each of the student vignettes below, identify which aspect of a SMART goal is missing. Is each goal **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**imely?

Samantha: Samantha is a high school sophomore who plays basketball and who wants to be really good at her sport. She is a solid player already and her coach says she has the capacity to be really good. She is tall and fairly athletic, and because she is a sophomore, she has time to improve her game.

Aspect Lacking:

Ani: Ani would like to perform as a singer in the school's musical this year. She does not have any experience singing in front of others and she does not plan to take voice lessons. She hopes that her training as a dancer will help her get a part in the musical and she plans to practice dancing a lot in preparation.

Aspect Lacking:

Damon: Damon would like to do better in math and achieve success in his algebra class. He is committed to studying, going to tutoring, and spending time on his homework. He would like to be more successful within the next year before he begins geometry.

Aspect Lacking:

Michaela: Michaela would like to become the editor of her school's newspaper. She has been a staff writer for the past two years. She is in the middle of her senior year and will be graduating in 4 months. She has been told by the journalism advisor that she is a good writer with strong leadership potential.

Aspect Lacking:

Jose: Jose would like to direct a film and he has the summer free to work on this project. He belongs to the film club at school, and his camera skills have improved over the past two years. Jose has friends who can act in his film and do props and lighting, but Jose still needs to learn how to edit film or find someone else who can help him.

Aspect Lacking: