

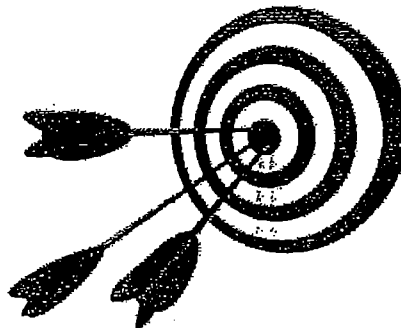
## SMART Goal Setting

Name \_\_\_\_\_

"School is a student's job." In fact, historically the School Act took children out of the labour force so that school became their job. Like parents school is a 9:00-5:00 job plus work at home, plus overtime when needed. And yes, there is a payment in the end- success and independence.

### Seven Habits of Highly Effective Students

- 1- They set goals.
- 2- They plan their time.
- 3- They study every day.
- 4- They take notes in class.
- 5- They have the tools they need.
- 6- They keep their commitments.
- 7- They get ready ahead of time.



### Goal Setting...

- Helps students focus on what is important and what is not
- Creates a vision of where to go and increase the likelihood of getting there
- Makes it easier to say no to irresponsible behaviour.

SMART technique to help remember characteristics of goals:

- S- goals should be Specific
- M- goals should be Measurable
- A- goals should be Attainable, but challenging
- R- goals should be Relevant and Recorded
- T- goals should have a Time Frame



### Things That Get in the Way...

- Low self esteem
- Stress
- Boredom
- procrastination
- peer pressure
- values
- Cost
- family
- resources
- media
- abilities
- competing priorities

### Once A Goal is Achieved

- take the time to enjoy the satisfaction
- observe the progress you have made towards other goals

If the goal was a significant one, or one that you had worked towards for some time, take the opportunity to reward yourself appropriately!

# Applying SMART Goal Setting

Name \_\_\_\_\_

Read the statements that don't meet the five conditions below. Then write a statement for each condition that. Make sure you explain your reasons.  
*makes it fit.*

<p><b>Condition 1: The goal should be <u>specific</u>. It tells exactly what you intend to achieve.</b></p> <p>"I'm really going to make something of myself."</p>	<p><b>Rewrite:</b> → I will play <u>volleyball</u> at the Olympics.</p> <p><b>Reason it meets the condition:</b> - names the sport - names the level</p>
<p><b>Condition 2: The goal is measurable.</b></p> <p>"I'm going to pass the math test."</p>	<p><b>Rewrite:</b></p> <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 3: Goals should be attainable, but challenging. It states something that could really happen.</b></p> <p>"I'm going to be Prime Minister of Canada by the time I'm 17."</p>	<p><b>Rewrite:</b></p> <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 4: Goal should be relevant and recorded.</b></p> <p>"I'm going to count how many people are named 'John' in the world."</p>	<p><b>Rewrite:</b></p> <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 5: Goals should have a time frame.</b></p> <p>"I'm going to take out the garbage."</p>	<p><b>Rewrite:</b></p> <p><b>Reason it meets the condition:</b></p>