**SMART Goals: Examples For Students**

**1. Get An A In My Next Essay**

“I will get an A in my current essay in my English class.”

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| **Specific** | The specific class I will target for a higher grade is my English class. The specific essay is the current one that has been assigned. |
| **Measurable** | The measurement for success is an A- or above. |
| **Attainable** | I got a B- in my past essay so I believe I can increase one grade with enough effort and by using my feedback. |
| **Relevant** | The goal of getting an A in my essay is relevant to my longer-term goal of graduating from my English degree. |
| **Time-Based** | My essay is due in 7 weeks. |

**2. Improve My Research Skills**

“I will improve my research skills by using library resources and taking notes from the recommended readings for my course. I will do this every Friday afternoon for 3 weeks. I will aim for a positive statement on my end-of-semester feedback about my research skills.”

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| **Specific** | My focus is on research skills for my education research course. |
| **Measurable** | I will measure my success by reading feedback from my teacher who I have asked to provide a comment about the research conducted in preparation for my end-of-semester paper. |
| **Attainable** | There is the library that I haven’t used much but I think with that resource I will be able to research much more skillfully. |
| **Relevant** | Improving my research skills will help me get better grades across all my classes into the future. |
| **Time-Based** | I have set the end-of-semester feedback as the end goal. |

**3. Type At 60 Words Per Minute**

“I will learn to type at 60 words per minute within two months.”

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| **Specific** | The goal is specific to typing on my laptop computer. |
| **Measurable** | I can measure this using any one of the many free online typing speed tests available. |
| **Attainable** | I currently type at 50 words per minute so I believe I could meet this goal. |
| **Relevant** | Typing faster will increase my overall productivity as a student. |
| **Time-Based** | I will be typing at 55 words per minute within one month and 60 words per minute within two months. |

**4. Improve My Productivity**

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| **Specific** | Use a Pomodoro timer every time I study. |
| **Measurable** | I will keep a diary measuring my progress. |
| **Attainable** | I study regularly and this is an add-on to an existing study program to improve productivity during my existing study time. |
| **Relevant** | Better study productivity can help me learn faster and get better grades. |
| **Time-Based** | The goal is to persist with the habit for 2 months. |

 “I will improve my productivity by using a Pomodoro timer when studying and closing all other tabs on my computer. I will do this every time I study for 2 months.”

**5. Improve My Focus**

“I will improve my focus during class this term by leaving my phone in my bag, sitting alone instead of with friends, and ensuring I turn up well-hydrated and rested.”

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| **Specific** | My goal is to have better focus specifically during class time. |
| **Measurable** | I will have a checklist that I will fill-out every day before class to ensure my phone is in my bag, I’m sitting on my own, I have my water bottle, and I’ve slept for 8 hours the previous night. |
| **Attainable** | These are simple tasks that are within my power. |
| **Relevant** | The goal will help me to learn in class so it’s relevant to my education. |
| **Time-Based** | I have set myself the goal to maintain this checklist for the entire current term. |

**6. Complete My Assigned Book For Class**

“I will finish reading the book that has been assigned by my teacher within 5 weeks.”

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| **Specific** | I have a specific book that I need to complete. |
| **Measurable** | I can measure progress by looking at how many pages I’ve read per day and week. |
| **Attainable** | Breaking it down, it only comes to about 10 pages per day. |
| **Relevant** | The book needs to be completed so we can analyse it in class. |
| **Time-Based** | The task will be completed 5 weeks from now. |

**7. Obtain The Confidence To Give A Public Speech**

“I will obtain the confidence to give a public speech by practicing speaking from note cards in front of a mirror and friends for the next 3 weeks.”

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| **Specific** | I will focus on developing speaking confidence for an upcoming speech in class. |
| **Measurable** | The measurement for success is that I will give the speech clearly and without stumbling in front of my class in 3 weeks. |
| **Attainable** | I believe anyone can do this as it’s just a psychological challenge not a cognitive one. |
| **Relevant** | The confidence to speak in class is necessary because I need to give this speech to pass my course. |
| **Time-Based** | The speech that I need to give will be given in 3 weeks from now. |

**8. Complete My Assignments 2 Weeks Before Due Date**

“I will complete all assignments 2 weeks before the due dates so I have 2 weeks of free time to edit the work without stress.”

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| **Specific** | The task is specifically about assignments that are provided by my teachers this term. |
| **Measurable** | The measurement of success is that the full draft of all written works will be completed 2 weeks before the due date. If I can tick that off, I have succeeded. |
| **Attainable** | This task is attainable, but to achieve it, I will need to dedicate regular study time. |
| **Relevant** | Completing my assignments on time is relevant to the successful completion of my course. |
| **Time-Based** | The timeline will be 2 weeks before each submission date. |

**9. Minimize Study Stress**

“I will minimize the amount of stress I’m experiencing by exercising an hour a day, only studying for a maximum of one hour per day, and meditating for 15 minutes after each study session. I will do this for 5 weeks.”

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| **Specific** | While minimizing stress is hard to measure, the specificity comes in the fact I can measure how long I exercise, meditate, and study. |
| **Measurable** | I will keep a study diary to measure my progress. |
| **Attainable** | I have set aside the time to complete the task and I have all the resources to do it, including a gym membership and meditation app. |
| **Relevant** | Minimizing stress can help me sustainably study for the rest of my time at school. |
| **Time-Based** | 5 full weeks. |