

Smart Goals



NAME _____

DATE _____

FIVE GOALS FOR JUNIOR YEAR

1 Get better grades in every class.

2 Dedicate an hour to exercise three times a week.

3 Start thinking about career options.

4 Ask my 3 top choices to homecoming by next weekend.

5 Participate more in Spanish class.

WHAT ARE SMART GOALS

STANDS FOR...	IN OTHER WORDS...
S	
M	
A	
R	
T	

Class Practice Goal: Get better grades in every class.

Instructions: Rewrite the goal so it becomes a S.M.A.R.T. goal.

S
M
A
R
T

Pair Practice Goal:

Instructions: Choose one of the other goals from above. Rewrite the goal so it becomes a S.M.A.R.T. goal.

S
M
A
R
T

Preparing in High School: Action Plan



NAME _____

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DEVELOPING STRONG ACADEMIC SKILLS

SET SMART GOALS FOR YOUR FUTURE

☐ Write down a big goal you want to reach this year.

- Think about why this goal is important to you.
- Make sure it's specific enough so you know how to reach it.
- Make sure it's measurable so you know if you've met it.
- Make sure it's achievable, or something you can do.
- Make sure it's relevant or will help you reach your long-term goal.
- Make sure to give yourself enough time to do it and a deadline to complete it by to hold yourself accountable.

Big goal:

Post your goal(s) SOMEWHERE so you can read it every day.

DEVELOP STRONG STUDY SKILLS

- ☐ Reach out to a teacher to ask for ideas that may help you improve your grades.
- ☐ Write down 5 study tricks and try each one. Put a star next to the one that works best for you.

Study tricks:

1.

2.

3.

4.

5.

ORGANIZE YOUR MATERIALS

- ☐ Plan a time to organize your backpack and binder every week.
- ☐ Create a special place to put work that needs to be turned in, so you don't lose it.

REVIEW PRIORITIES DAILY

- ☐ Every morning, set aside time to list your priorities for the day.
- ☐ Every evening, check your priorities and see how you did.
- ☐ Keep track of assignments or important events in a calendar or planner.

PRACTICE POSITIVE TIME-MANAGEMENT SKILLS

- ☐ Practice taking one big project and breaking it down into smaller steps.
- ☐ Set a time every day to study and stick to it!
- ☐ Go to bed at the same time every night.
- ☐ Plan your activities and priorities around the time.

Small steps I can take to reach my big goal:

1.

2.

3.

4.

5.

My daily study time:

My nightly bedtime: