**Evaluating Goals**

Learning Target: I can evaluate a given goal for the major components of a S.M.A.R.T. Goal.

**S**pecific **M**easurable **A**chievable **R**elevant **T**ime specific

**EXAMPLE:** SAMPLE GOAL #1 **By second semester, I will study more.**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Does the goal mention a specific action to achieve? | √  “study more” is an action, although not very specific |  |
| Does the goal reference a way the goal can be achieved? |  | √  The goal does not mention how the person will study |
| Is the goal realistic? Can it actually be achieved in the time frame given? | √  Increasing study time can be done. |  |
| Does the goal challenge the individual to work at achieving the goal? |  | √  Because the goal is not specific it does not push the individual to work hard at the goal |
| Is the relevant to achieving personal growth? | √  If the person does not study often, making more time to study shows personal growth | √  It does not address personal growth in terms of Social/Civic Expectations |
| Can achievement of the goal be specifically measured? |  | √  “more” is too general. How much “more”? |
| Does the goal reference a time frame in which the goal should be achieved? | √  The goal is to be accomplished by 2nd semester. |  |

**Was this a good SMART goal? \_\_\_\_\_\_\_\_No\_\_\_\_\_\_\_\_\_\_\_\_**

SAMPLE GOAL #2 **By the end of quarter 3, I will have found a place to volunteer my time on weekends and will have spent at least 10 hours helping others.**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Does the goal mention a specific action to achieve? |  |  |
| Does the goal reference a way the goal can be achieved? |  |  |
| Is the goal realistic? Can it actually be achieved in the time frame given? |  |  |
| Does the goal challenge the individual to work at achieving the goal? |  |  |
| Is the relevant to achieving personal growth? (Social/Civic growth) |  |  |
| Can achievement of the goal be specifically measured? |  |  |
| Does the goal reference a time frame in which the goal should be achieved? |  |  |

Was this a good SMART goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SAMPLE GOAL #3 **By the end of first quarter, I will meet new people**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Does the goal mention a specific action to achieve? |  |  |
| Does the goal reference a way the goal can be achieved? |  |  |
| Is the goal realistic? Can it actually be achieved in the time frame given? |  |  |
| Does the goal challenge the individual to work at achieving the goal? |  |  |
| Is the relevant to achieving personal growth? (Social/Civic growth) |  |  |
| Can achievement of the goal be specifically measured? |  |  |
| Does the goal reference a time frame in which the goal should be achieved? |  |  |

Was this a good SMART goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SAMPLE GOAL #4 **By the end of quarter 2, my grades will not go below a D-**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Does the goal mention a specific action to achieve? |  |  |
| Does the goal reference a way the goal can be achieved? |  |  |
| Is the goal realistic? Can it actually be achieved in the time frame given? |  |  |
| Does the goal challenge the individual to work at achieving the goal? |  |  |
| Is the relevant to achieving personal growth? (Social/Civic growth) |  |  |
| Can achievement of the goal be specifically measured? |  |  |
| Does the goal reference a time frame in which the goal should be achieved? |  |  |

Was this a good SMART goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SAMPLE GOAL #5 **By the end of semester one, I will have joined Student Council and will have identified at least 4 ways to assist in that organization and will have followed through on 2 of those ways.**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Does the goal mention a specific action to achieve? |  |  |
| Does the goal reference a way the goal can be achieved? |  |  |
| Is the goal realistic? Can it actually be achieved in the time frame given? |  |  |
| Does the goal challenge the individual to work at achieving the goal? |  |  |
| Is the relevant to achieving personal growth? (Social/Civic growth) |  |  |
| Can achievement of the goal be specifically measured? |  |  |
| Does the goal reference a time frame in which the goal should be achieved? |  |  |

Was this a good SMART goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_