



SMART Goal Sheet for Students

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Setting SMART goals is a powerful way to stay focused, organized, and motivated. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Use this worksheet to set clear and achievable goals that will help you succeed academically and personally.

Step 1

Define Your Goal

What is your goal?
(Be specific. What exactly do you want to accomplish?)

Example

Improve my GPA in the next semester.

Step 2

Make It Measurable

How will you measure your progress?
(What indicators will show that you've achieved your goal?)

Example

Achieve a GPA of 3.5 or higher by the end of the semester.

Step 3

Make It Achievable

Is this goal realistic? What steps will you take to achieve it?
(Make sure the goal is challenging but possible.)

Example

- Attend all classes and participate actively.
- Complete all assignments on time.
- Meet with a tutor for subjects I find challenging.



Step 4

Ensure It's Relevant

Why is this goal important to you?

(Why does this goal matter in relation to your academic or personal growth?)

Example

Improving my GPA will open doors for scholarships and improve my chances of getting a job after graduation.

Step 5

Set a Timeframe

What is the deadline for achieving your goal?

(Set a specific timeframe to accomplish your goal.)

Example

I will achieve a GPA of 3.5 by the end of this semester, which ends in May.

SMART Goal Example

Improve my GPA in the next semester.

Specific

I will focus on improving my academic performance by attending all classes and completing all assignments on time.

Measurable

I aim for a GPA of 3.5 or higher by the end of the semester.

Achievable

I will attend classes, complete assignments, and seek help from a tutor when needed.

Relevant

Improving my GPA will help me qualify for scholarships and future career opportunities.

Time-bound

I will achieve a GPA of 3.5 by May, the end of the semester.



Track Your Progress

Progress Check-In 1:

• Date: __/__/__

• What's going well so far?

• Any obstacles? How can you overcome them?

• Next steps?

Progress Check-In 2:

• Date: __/__/__

• What's going well so far?

• Any obstacles? How can you overcome them?

• Next steps?

Reflection on Goal Achievement

Did you achieve your goal?

☐ Yes ☐ No

• If yes, what worked well?

• If no, what challenges did you face, and how can you adjust your approach next time?