

# SMART GOALS

SMART goals can help students create clear, realistic, and manageable academic goals. This framework encourages students to break larger goals into smaller action steps that can be tracked and adjusted over time.



What is one specific academic goal you want to improve this semester?

Example: I want to earn a minimum 3.0 GPA this semester.

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How will you track your progress?

Examples include tracking assignment completion, monitoring grades, improving attendance, following a weekly study schedule, and setting reminders for assignments and deadlines.

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What specific habits and campus resources will help you reach this goal?

Examples include attending tutoring weekly, studying for one hour after class, using a planner consistently, and setting reminders for assignments and deadlines.

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Why is this goal important to you?

How does this goal connect to your academic, personal, or long-term plans?

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When would you like to achieve this goal?

What smaller deadlines or milestones will help you stay on track?

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What progress have you made toward your goal?

What strategies or resources have been most helpful?

What challenges have you encountered?

What is one adjustment you will make moving forward?

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