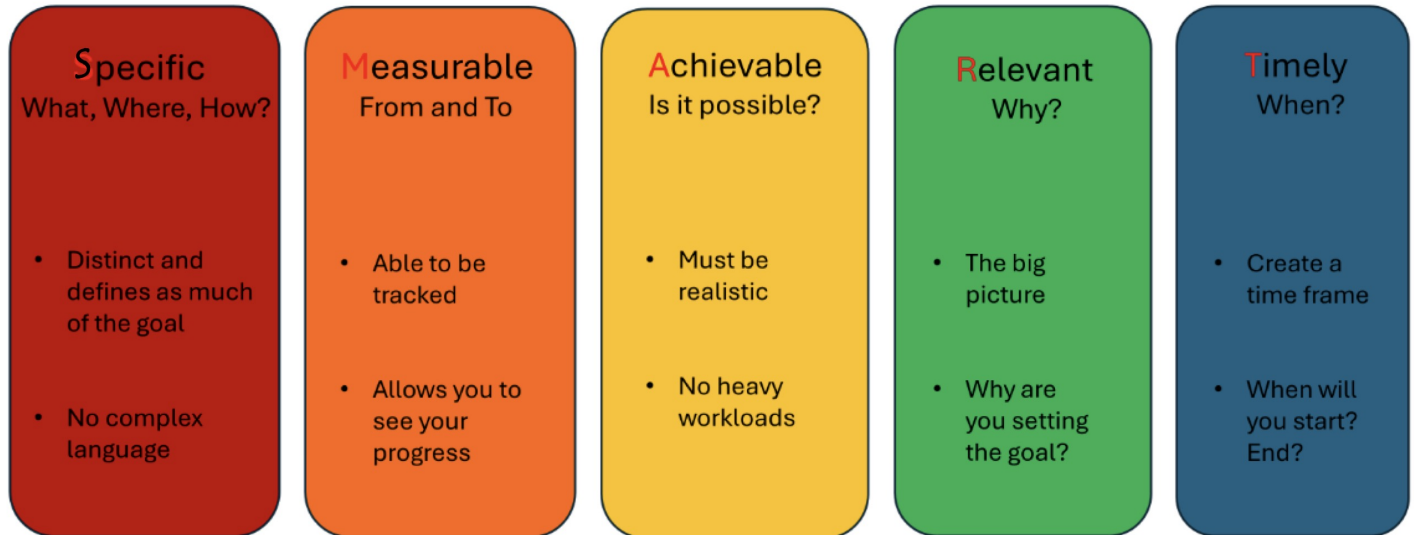


SMART GOALS

Turn a good intention into something you can actually do.

What is a SMART Goal?



YOUR TWO GOALS

1 ACADEMIC

SCHOOL / LEARNING

Choose something you genuinely want to improve, accomplish, or change this quarter.

2 PERSONAL

LEARNER PROFILE / YOU

Choose a goal connected to the kind of learner or person you want to become.

A useful way to write it:

I will [specific result] by [timeframe] by [actions I will take].

Then check it: specific, measurable, achievable, relevant, and time-bound?

Before you commit

Think about what matters to you, what would count as real progress, and what you can reasonably control. Your goals do not need to sound impressive. They need to be yours.

By the end:

Two SMART goals — one academic, one personal — that you can explain and actually use.