SMART Goals - POL Prep. Activities

Below you will create a SMART Goal by addressing the following prompts. When you have finished answering the questions below use your activity list to write out your SMART Goal.

**Example Goal:** Perseverance

**Example Action Plan:**  I plan to go to math office hours every Tuesday and science office hours every Thursday. I will check in with my advisor Wednesday morning to see how my progress is and check my grades online every Friday to make sure I have turned in all of my assignments.

Specific – Can you draw (visualize) the action plan and does it have a specific time and place?

Explain how this plan is specific:

Measurable – When and how will you measure it?

Explain how this plan is measurable:

Achievable – Is this something you can do if you try?

Explain how this plan is achievable:

Realistic – Is this something you will actually do?

Explain how this plan is realistic:

Timely – Can you name a date soon when this plan will be executed?

Explain how this plan is timely: