MY SMART GOALS

STUDENT REFERENCE GUIDE	 Lessons in Mental Health

Create **two** separate SMART Goals. Delineate the following for each goal:

- **Specific:** A goal should be clear and detailed so you know exactly what you're working toward. Instead of saying, "I want to raise my GPA," say, "I will raise my GPA from 3.0 to 3.2 by the end of the semester by turning in all assignments on time, studying for at least 30 minutes each day, and attending tutoring sessions for difficult subjects.

- **Measurable:** Your goal should have a way to track progress so you know when you've achieved it. This is how you will know you have reached your goal. You can track your GPA through progress reports and check how each assignment and test grade affects your overall average.

- **Achievable:** Is the goal realistic, and how will I accomplish it? A goal should challenge you but still be within reach. Raising your GPA from 3.0 to 3.2 in one semester is realistic with steady effort. You can accomplish it by completing all homework on time, asking for help when needed, and setting aside time for studying.

- **Relevant:** Your goal should be meaningful and connected to your long-term plans. If you're aiming for scholarships, college admission, or academic recognition, improving your GPA will help.

- **Time-Bound:** A goal should have a deadline to keep you focused and motivated. Instead of saying, "I want to raise my GPA," say, "I will increase my GPA from 3.0 to 3.2 by the end of the semester by improving my study habits and staying on top of assignments.

Turning In Your Activity

- Use Canva to create your SMART Goals.
- Create two slides: one for each goal.
- Download as a PDF print.
- Upload online to My Smart Goals.

Lessons in Mental Health

- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: My Smart Goals Reference Guide
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.