



SMART Goals

Materials:

- Worksheet (2 pages)

Brainstorm

What do you know about SMART Goals? Accept student responses and confirm or correct as needed.

Discuss

Facilitate a class discussion on goals for as long as the discourse remains productive and on topic, such as by asking for examples of when students have set and achieved goals for themselves or goals they have not successfully achieved and why.

Dive in!

As some of you mentioned, SMART is an acronym for Specific, Measurable, Attainable, Relevant, and Timely. When you have goals that are SMART, you're more likely to reach those goals. Distribute one copy of the worksheet to each student. Call on volunteers to read the description and essential questions for each of the SMART goal terms. Then, ask students to think of a goal they want to complete before they graduate from high school. List the goals on the board as they are shared. After several have been shared, review each one and ask students if the goals are SMART.

Activity

Have students work individually to come up with 1-3 goals they want to reach before they graduate from high school, such as applying to college, starting training for a career, getting an internship, etc. Encourage them to use the criteria to ensure each goal is SMART. Then, ask students to turn to page 2 of the worksheet and work through each step to develop an action plan for achieving one of the SMART goals they set for themselves. Make sure they think about obstacles they might encounter as well as resources they'll need to be successful. When students are done, call on volunteers to share their action plans.



High School

Reflect

Have students respond to the prompt at the bottom of the worksheet: What is the first step you will take to achieve the goal you set for yourself?

Professional Development

Take a few moments and identify 1-3 SMART goals that you'd like to achieve yourself.

Extend and Enrich

Encouraging students to journal about their goals on a regular basis and partnering them with a peer may help them become more likely to reach their goals. To learn more, check out the Edutopia article A Framework for Student Goal Setting by Maurice Elias at: <https://www.edutopia.org/article/framework-student-goal-setting>.

For Further Study:

- Colorado Initiative, Grades 9-12 Goal Setting:
www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf
- Positive Psychology, Goal Setting for Students:
positivepsychology.com/goal-setting-students-kids/
- TNTP, A Radical Act of Teacher Development:
tntp.org/blog/post/a-radical-act-of-teacher-development