



High School

Home Connection

SMART Goals

Dear _____,

I wanted to share with you what your student has been learning about setting and achieving goals. Our recent lesson focused on the concept of SMART goals, which stands for Specific, Measurable, Attainable, Relevant, and Timely. By setting SMART goals, students are more likely to reach their objectives effectively.

We started the lesson with a class discussion, during which students shared examples of goals they have set and achieved, as well as goals they have not successfully achieved, and explored why that might be. This led to a deeper understanding of the importance of making goals SMART.

Students then worked on identifying a goal they wanted to achieve before graduating high school and discussed whether their goals were SMART. Afterward, they individually devised 1-3 goals they wanted to reach after graduation. They used a worksheet to develop an action plan for achieving one of their SMART goals, considering potential obstacles and necessary resources.

To continue this conversation at home, please ask your student: "What are some of the goals you have set for yourself using the SMART criteria, and what is your action plan for achieving one of those goals?" This can be a great opportunity to discuss the importance of goal-setting and provide support as they work towards their aspirations.

Please do not hesitate to reach out with any questions or concerns.

Best,
