



Setting Goals

Setting goals means consciously choosing the events that you want to happen in the days, weeks and years ahead. Instead of reacting to events with arbitrary choices, intentional planning can help you to achieve the goals you set.

SMART goals are ideal for students because they're designed to be realistic.

S

Specific

When goals are specific, we know where to focus our efforts. It's easy to visualize what success would look like.

Ask:
Who? What?
When?
Where? Why?

M

Measurable

When goals are measurable, we can tell if we're making progress. An objective measure of success helps us recognize it when we see it.

Ask:
How will I know when I've reached my goal?
What will it look like?

A

Attainable

When goals are attainable, we stay animated. Goals can be challenging, but they should also be achievable with our resources.

Ask:
Do I already have what I need at the ready to achieve this goal?

R

Relevant

When goals are relevant, you can see the potential benefit. Stress can be avoided if the goal is realistic and meaningful.

Ask:
Is this goal worthwhile for me? Am I working toward it for the right reason?

T

Time-Based

When goals are time-based, there is a finish line. Milestones keep us focused and motivated.

Ask:
What can I do today, tomorrow and months to come to achieve this goal?

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