



Setting a goal helps you focus and stay on task. Try SMART Goals. Use this handout to practice!

Specific & Measurable: Name the class/coursework/material you want to cover in this period and explain exactly what pages/sections/questions you want to complete.

Achievable: Be realistic, can you really do what you said you're going to do now? (If not, go back and choose a smaller task) Yes

Relevant: Is what you want to do now relevant to your bigger goal(s)? Yes

Timely: Match the work you need to do with the time you have now; set periodic goals. Hint: Usually things take longer than we think!

Reflect (after study session): Did you reach your goal(s)? How can you keep it up or do better next time?