

Name:

Date:

Class:

## SMART Goals

### Skill:

- Analysis (AN)

### Time on Task:

- 20–30 minutes

### Goal/Purpose:

- The goal of this activity is to prepare SMART goals to help you focus on your career path.

*Recall from the textbook that SMART goals are Specific, Measurable, Attainable, Realistic, and Timely. In this activity, you will use the SMART goal process to help reach your career choice. Answer each of the following questions to help you develop SMART career goals. Your instructor may request that you present your findings to the class, so be sure to provide enough information in your responses to facilitate a discussion.*

1. Which of the following best represents an example of a SMART goal?

- A. I want to read more.
- B. I want to read three chapters a day from my book for the next 30 days.
- C. I want to read 30 books this year.
- D. I want to read two chapters daily.

Answer:

2. Identify your desired career choice or another career option that interests you.

Answer:

3. In the space provided, list three SMART goals that will help you prepare for the career identified in the previous question.

Goal #1

Answer:

Goal #2

Answer:

1

Goal #3

Answer:

4. Review each of the above goals and determine whether they meet all five requirements of the SMART goal model. Briefly explain how each goal fulfills the requirements of goals being Specific, Measurable, Attainable, Realistic, and Timely.

a. How is Goal #1 Specific?

Answer:

b. How is Goal #1 Measurable?

Answer:

c. How is Goal #1 Attainable?

Answer:

d. How is Goal #1 Realistic?

Answer:

e. How is Goal #1 Timely?

Answer:

f. How is Goal #2 Specific?

Answer:

g. How is Goal #2 Measurable?

Answer:

h. How is Goal #2 Attainable?

Answer:

i. How is Goal #2 Realistic?

Answer:

j. How is Goal #2 Timely?

Answer:

k. How is Goal #3 Specific?

Answer:

l. How is Goal #3 Measurable?

Answer:

m. How is Goal #3 Attainable?

Answer:

n. How is Goal #3 Realistic?

Answer:

o. How is Goal #3 Timely?

Answer:

5. In your opinion, which aspect of a SMART goal (Specific, Measurable, Attainable, Realistic, or Timely) is most important? Which is least important? Explain your reasoning for both.

Answer: