

Plan your semester the

SMART

WAY

Create Your Own Student Road Map

With a new semester comes new opportunities to achieve your goals. Take some time to reflect on your aspirations for the coming semester, academic or otherwise, and complete the student road map below to plan your steps to reaching each goal.



PREPLANNING:

Answer the following questions to start thinking about your goals

Looking back at last semester . . .

What frustrated you the most? _____

What were your biggest struggles? _____

Did you leave anything unresolved? _____

Moving forward . . .

What are you most excited to learn? _____

What would you like to do more of? _____

What would you like to get better at? _____

Taking the **SMART** Approach



Be smart about setting your goals. Follow the guidelines below.

S

SPECIFIC

Create focused, understandable goals

M

MEASURABLE

Identify quantifiable steps toward your goal

A

ATTAINABLE

Be sure you can commit to your goals

R

RELEVANT

Build goals that speak to you personally

I

TIMELY

Have a sense of urgency



BUILDING YOUR GOALS:

As you create your goals, keep in mind the preplanning exercise as well as the SMART guidelines.

GOAL: _____ **To be completed by:** _____



In Progress
 Completed



In Progress
 Completed

REWARD!



In Progress
 Completed



GOAL: _____ **To be completed by:** _____



In Progress
 Completed



In Progress
 Completed

REWARD!



In Progress
 Completed



GOAL: _____ **To be completed by:** _____



In Progress
 Completed



In Progress
 Completed

REWARD!



In Progress
 Completed



A Note on SEEKING SUPPORT

✓ *As you complete your preplanning exercise, use your Learning Coach, teachers, and counselors as resources. They may be able to identify areas in which you struggle and didn't realize it.*

✓ *Ask for advice when you are creating goals, steps, and due dates.*

Schedule weekly or monthly meetings to discuss your goals with your Learning Coach or counselor.

Agree on some rewards for each goal. Discuss what motivates you with your Learning Coach to find a solution together.



FOLLOW-UP

What was I able to accomplish? _____

Were there any goals I was not able to complete? Why did this happen? _____

Can I move any incomplete goals to next semester? _____

What did I learn about myself? _____