

SMART Goal Setting for College Success

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Objectives

This worksheet is designed to walk you through setting achievable short-term and long-term goals to help you focus your attention throughout the year.

After reading this worksheet, take some time to set 2-3 academic goals for the semester using the SMART format.

The SMART method can apply to other parts of your life in college and outside of college. You can use this method to set career, social, fitness, and productivity goals just to name a few.



Specific: What do you want to do?

When thinking of a goal, consider the following questions:

- What do I want to accomplish?
- Why is this important?
- Who might be able to help me achieve this goal?
- What resources are available to help me achieve this goal?

Measurable: How will I know when I've reached it?

Having a measurable goal helps you stay focused and motivated and enables you to track your progress. What are you measuring?

A percent increase/decrease in performance?

- GPA, grades on tests

An increase/decrease in number?

- Graded assignments
- Times distracted by social media

Establish when the goal has been completed.

Achievable: Is it in my power to accomplish it?

Goals should be designed to stretch your abilities but still be realistic.

How realistic is my goal?

How will I accomplish this goal?

What skills do I need to accomplish this goal?

An **unrealistic goal** might look something like this:

I would like to be the CEO of ACME Feed & Seed by age 25. There are so many variables that may interfere with this goal; experience and education are two big ones.

A **realistic goal** might look something like this:

I would like to hold a leadership position in FFA by the time I am a junior at CFAES. Now, this is something that is achievable with active participation in the student organization.



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Realistic/Relevant: Can I realistically achieve it? Is this the right time?

This establishes that the goal matters to you, that you are committing to it, and that it aligns with other goals that are important.

- Does it seem worthwhile?
- What are the pros/cons of setting this goal? Not setting this goal?
- How does this goal set me up for future success?
- Am I ready to do what it takes to achieve this goal?

Timely/Time-Bound: When exactly do I want to accomplish it?

Deadlines! Every goal should have a deadline. This provides you with an end point to work toward. It will also help keep your SMART goal in focus every day.

- What date will I accomplish this goal?
- What can I do 6 months from now, 6 weeks from now, this week, tomorrow, and today?



You've Got This!

Want to be smart-ER?

Post Goal - Evaluate and Review

After you achieve your goal, evaluate and review the process. This may provide insight that can help you with your next SMART goal.

- What setbacks did you experience? How did you overcome them?
- Who helped you along the way?
- What worked really well? Why?
- How can you apply what you learned from this experience to your next goal?

Goals vs. SMART Goals

Goal: I will earn good grades.

SMART Goal: I will increase my next test grade by one letter grade by reviewing and studying my notes every day.

Goal: I will get more organized.

SMART Goal: I will write all of my assignments, tests, and projects into a calendar and plan when I will work on each task.

Goal: I will meet new people.

SMART Goal: I will attend at least 3 new student organization meetings and plan to join at least one of them by the end of the semester.

We're Here to Help

Remember, you do not need to do this alone. For help with setting goals and helping you achieve your goals, visit with your Academic Advisor, College Success Counselor, or Student Success Services.

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