

"Try to learn something about everything
and everything about something"

Thomas Huxley



SMART GOAL EXAMPLE



Specific?

"studying for an exam" is more specific than just "studying". Specific isn't always better. You ideally want to avoid being vague and then have a good reason for the level of specificity used.

Measureable?

50 hours can be measured

To study 50 hours this month
for my
June 12th exam

Timed?

this month

Relevant?

Is the number 50 especially relevant? Has the ideal outcome of this been considered? Have other responsibilities been taken into consideration? How important is it to study this much? why?

Attainable?

Depends on the unique circumstances surrounding the individual. "Does your goal feel attainable to you?" is the most important question to ask

Smart Goal Examples For School Psychologists

KJ Lindholm-Leary



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