

SETTING SMART GOALS

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WHAT IS GOAL SETTING?



A plan for accomplishing an objective



Can be related to any aspect of your life

School

Work

Self Care

Social Activities

Relationships



HOW IS GOAL SETTING RELATED TO STUDENTS WITH DISABILITIES?

- *In the classroom:* Research done by Moeller, Theiler, and Wu (2012) examined the relationship between goal setting and student achievement at the classroom level and found a statistically significant relationship between setting goals and language acquisition
- *In treatment:* Goal setting has been shown to help improve the outcome in treatment among studies done in adults with depression. (Weinberger, Mateo, & Sirey, 2009)
- *In the workplace:* Goal-setting theory helps us understand that setting goals is a conscious process and a very effective and efficient means when it comes to increasing productivity and motivation, especially in the workplace.

Source: <https://positivepsychology.com/benefits-goal-setting/#:~:text=Setting%20goals%20helps%20trigger%20new,you%20don't%20properly%20manage.>

WHAT ARE SMART GOALS?

SMART is a mnemonic acronym used to guide you in setting goals.

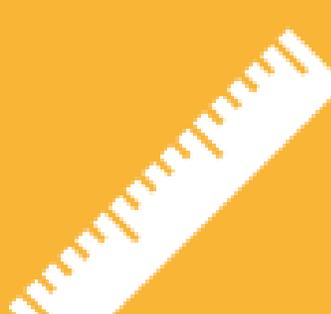
Specific

S

A white icon of a target with a dart hitting the bullseye, set against a dark red background.

Measurable

M

A white icon of a ruler, set against a yellow-orange background.

Attainable

A

A white icon of a flag on a pole, set against an orange background.

Relevant

R

A white icon of two overlapping circles, set against a dark orange background.

Time Bound

T

A white icon of an hourglass, set against a dark red background.

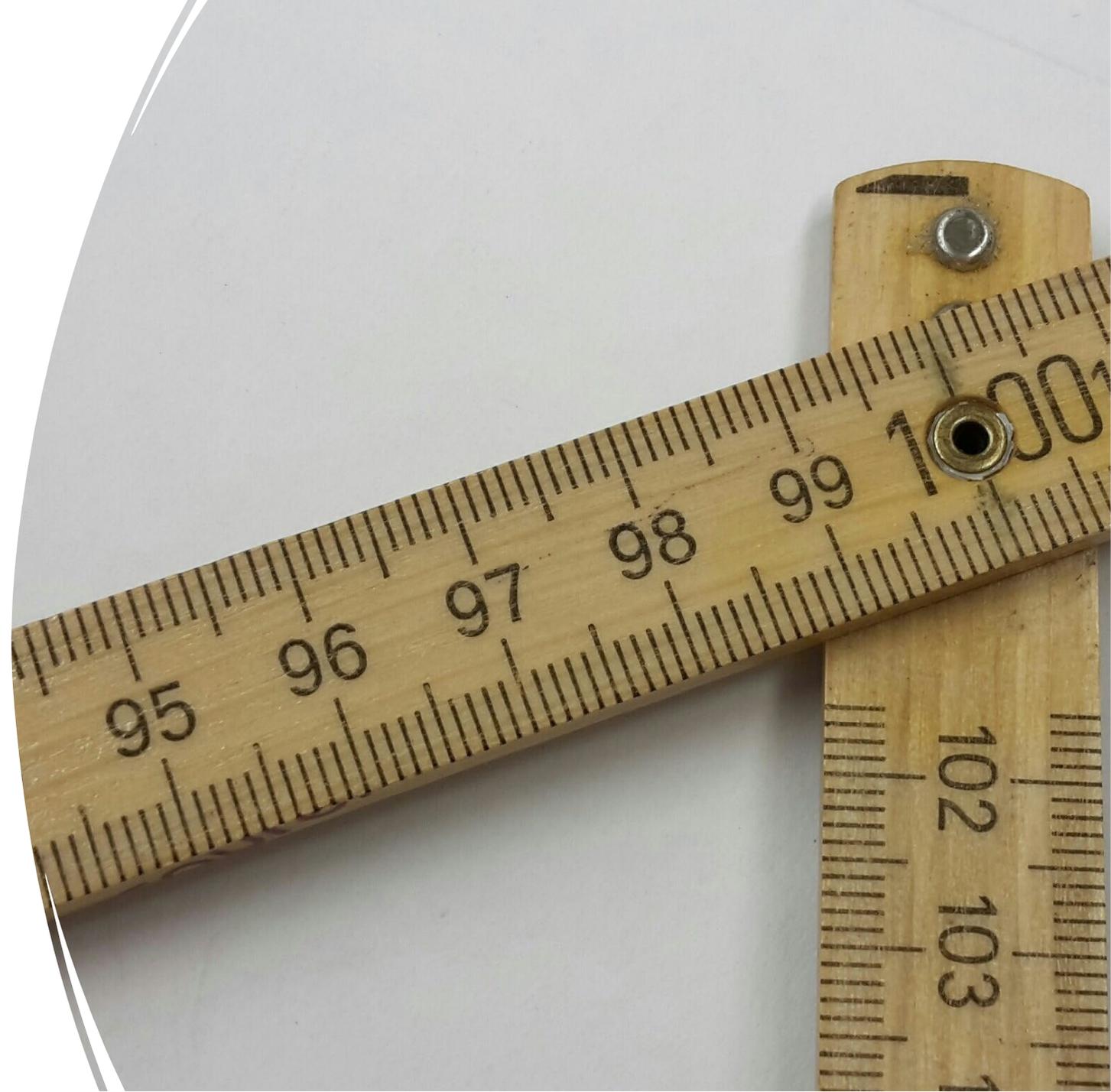


S - SPECIFIC

- WHAT objective do you want to achieve?
- Define the goal as clearly as possible.
 - General Example: I want to get better grades.
 - Specific Example: I will make the Dean's list this semester.
 - Specific Example: I will raise my major GPA from 2.9 to 3.1.
- General Example: I want to be more active.
- Specific Example: I will go for a walk each day.
- General Example: I want to meet new people.
- Specific Example: I will join a student organization.

M - MEASURABLE

- How can I measure my progress?
 - General Example: Read more for enjoyment
 - Specific Example: I will read my favorite magazine for 20 minutes before bed each night



TIP FOR SUCCESS: TRACK YOUR PROGRESS



Draw a chart and mark each time you complete work towards your goal.



Keep a photo journal.



Consider using technology for tracking.



Try using an [app](#).





A - ATTAINABLE

- Is my goal achievable?
 - Challenging enough to require effort
 - Reasonable enough to manage
 - Example: I will attend 2 social events each week
 - Consider other obligations
 - Consider personal preferences
- Be sure to consider your current circumstances and resources.
 - Example: I will improve my fitness by working with a personal trainer
 - Consider financial cost
 - Consider personal preferences
 - Consider alternatives
 - Example: Ask a friend or workout with free YouTube videos

R - RELEVANT

- WHY do I want to achieve this goal?
- Consider the following:
- Is this goal important to **me**?
 - Is it my priority or someone else's?
- Is it aligned with my values?
 - Do I feel good about working towards this goal?
 - Is there something else that I'd rather work towards?
- Is my goal consistent with my long-term plans?





T - TIMELY

- WHEN will I achieve my goal?
- *General:* Given my current circumstances and resources, is it possible for me to achieve my goal in this amount of time?
 - Should I extend my timeline?
 - Example: I had the flu for 7 days
 - Should I shorten my timeline?
 - Example: I really enjoy walking and would like to train for a race.
- *Specific:* When during the day will I work towards my goal?
 - Example: I will workout at 6:00am
 - Example: I will workout at lunchtime

TAKING ACTION

- What steps do I need to take to reach my goal?
- Example: I will complete my 8-page research paper in 2 weeks.

Action Steps	Expected Completion Date	Actual Completion Date
I will research my topic and write my three-point thesis statement.	Friday, 02/19/2021	
I will write the introduction. (1 page)	Saturday, 02/20/2021	
I will write the first point. (2 pages)	Sunday, 02/21/2021	
I will write the second point. (2 pages)	Wednesday, 02/24/2021	
I will write the third point. (2 pages)	Thursday, 02/25/2021	
I will write the conclusion. (1 page)	Saturday, 02/27/2021	
I will edit my paper.	Sunday, 02/28/2021	
I will submit my paper.	Wednesday, 03/03/2021	

MENTAL CONTRASTING

- Identifying potential obstacles and possible solutions
- What obstacles might inhibit me from working on or reaching my goal?
- What possible solutions are there?

Goal	Potential Obstacles	Possible Solutions
I will run three times a week to improve my fitness level.	I don't like to get out of bed early.	Workout at lunchtime.
I will make the Dean's list this semester.	I love to play video games and lose track of time.	Set a timer. Only play video games after schoolwork is done for the day.
I will participate in a social activity once a week.	I get anxious in large crowds.	Plan small events like having a few friends over for dinner.

TIP FOR SUCCESS: SHARE YOUR GOAL WITH SOMEONE

- Dr. Gail Matthews, a clinical psychologist from Dominican University of California conducted a study that shows that "those who **write down** their goals and **share** their goals with a friend, as well as send weekly updates, were on average 33% more successful when it comes to accomplishing their stated goals compared to those who merely formulate goals."
- Choose someone who is trustworthy, honest and supportive.
- Be mindful of posting on social media.

Source: <https://positivepsychology.com/benefits-goal-setting/#:~:text=Setting%20goals%20helps%20trigger%20new,you%20don't%20properly%20manage.>





TIP FOR SUCCESS: CREATE A VISION BOARD

- Consider using a [vision board](#)
- Steps for Creating Your Own Vision Board:
 1. *Reflect*. Think about what you want in life. Write your thoughts down.
 2. *Collect*. Gather some magazines and cut out images, phrases, and quotes that represent what you want to achieve and that encourage you to work towards your goal.
 3. *Assemble*. On a solid board (e.g., cardboard, cork, or wood), arrange and paste the cutouts in a way that's meaningful for you. If you prefer, you can add some embellishments to your board to make it more personalized.
 4. *Display*. Place the finished vision board in a prominent spot, where you can view it even for just a few seconds every day. Spend a few moments reflecting on your goals each day.

Source: <https://www.developgoodhabits.com/vision-board-ideas/>

HOW WILL I KNOW WHEN I'VE REACHED MY GOAL?

- Short Term Goals
 - Example: I will run the 5K Turkey Trot on Thanksgiving Day.
- Long Term Goals
 - Am I meeting short term goals related to my long-term goal?
 - Specific Goal: To earn a BS in Nursing
 - Progress: Admitted into Nursing program
 - Are my habits changing?
 - Do I feel differently?



TIP FOR SUCCESS: REWARD YOURSELF FOR WORK WELL DONE

- How can I reward my progress?
 - Internal – comes from within
 - Example: I feel more relaxed before bed.
 - External – comes from an outside source such as a reward or praise
 - Simple
 - Frequent
 - Free or inexpensive
 - Example: Buy the new copy of my favorite magazine when I finish the current copy



GOAL SETTING SUPPORT @ FSU

- [FSU Counseling Center](#)
- [Academic Center for Excellence](#)



believe
IN YOURSELF.

QUESTIONS AND COMMENTS

- Thank you for attending!

