

SMART Goals Framework

Formulating SMART goals scaffolds self-development by clarifying and structuring goals accompanied by actions on how to achieve them in a specific, measurable, attainable, relevant and time-based fashion. This framework can direct the learning journey and help learners acquire skills in reflection, self-evaluation and analytical thinking.

Example

Simple goal	I want to learn Dutch.
S pecific	I want to communicate in Dutch during my study semester in the Netherlands.
M easurable	I'll take an online class every week and will practice with my classmates.
A ttainable	I've learned languages before, and I have extra time next to my studies.
R elevant	I'm going to the Netherlands for six months, and I want to connect to the atmosphere.
T ime-based	I'm travelling to the Netherlands in four months.
SMART goal	Next week, I'll start weekly Dutch classes, practising with classmates to progress for the next four months so I will be able to speak when I travel to the Netherlands.

Template

S pecific	
M easurable	
A ttainable	
R elevant	
T ime-based	
SMART goal	

Source and further information: <https://helpfulprofessor.com/smart-goals-in-education/>
<https://smartblogger.com/smart-goal-examples/>