

UB Quarterly SMART Goals

Name:

School:

Quarter: 1 2 3 4

**COLLEGE
READINESS**

**EFFECTIVE
COMMUNICATOR**

**GROUP/COMMUNITY
CONTRIBUTOR**

**RESPONSIBLE/ENGAGED
CITIZENSHIP**

OVERVIEW

Each student should complete a total of TWO goals. One PERSONAL goal and one ACADEMIC goal that you would like to work towards this quarter. Above you will find some topics to help you brainstorm your goal.

Your PERSONAL Goal

| | | |
|-------------------|--|--|
| Specific | What specific thing am I trying to achieve? | SMART GOAL FORMULA (Fill in the blanks): To <u>DO What</u> so that <u>What will increase/decrease by completion date</u> as measured by <u>What Data</u> |
| Measurable | How will I know when I have reached my goal? | To _____ so that _____ |
| Attainable | Is my goal realistic? Do I have the resources I need to achieve it? | _____ will _____ by _____ |
| Relevant | Why is this important to support my goal of attending college immediately following my high school graduation? | as measured by _____ |
| Timeline | When does this goal start and end? | Support Person(s) Resources Available to help you achieve your goal (s): |

In order to accomplish this, I will:

| Potential Challenges | Action Steps/Benchmarks |
|----------------------|-------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Your ACADEMIC Goal

| | | |
|-------------------|--|---|
| Specific | What specific thing am I trying to achieve? | SMART GOAL FORMULA (Fill in the blanks): To <u>DO What</u> so that <u>What</u> will <u>increase/decrease</u> by <u>completion date</u> as measured by <u>What Data</u> |
| Measurable | How will I know when I have reached my goal? | To_____ |
| Attainable | Is my goal realistic? Do I have the resources I need to achieve it? | so that_____ |
| Relevant | Why is this important to support my goal of attending college immediately following my high school graduation? | _____ |
| Timeline | When does this goal start and end? | will _____ |
| | | by _____ |
| | | as measured by _____ |
| | | Support Person(s) Resources Available to help you achieve your goal (s): |

In order to accomplish this, I will:

| Potential Challenges | Action Steps/Benchmarks |
|----------------------|-------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

What were your last quarterly goals? _____

Did you reach those goals? Why or why not? _____

Peer reviewed by: _____

Comments: _____
