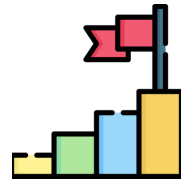




# S.M.A.R.T. GOALS



## STUDENT CHECKLIST

- Create a S.M.A.R.T. goal in myBlueprint
- Add your goal to a portfolio in myBlueprint
- Keep yourself accountable by letting someone else know about your goal (teacher, friend, parent, coach, etc.)
- Add media evidence of your goal progression in your portfolio
- Complete each task in your goal action plan (check these off in your portfolio as well!)

Task 1

Task 2

Task 3

- Add a reflection in your portfolio while completing tasks
  - Example: What is going well? What is challenging?

- Add a reflection in your portfolio upon goal completion
  - Example: How does completing your goal make you feel?

**Pro Tip:**

Add Media to your portfolio to document your goal progression! For example, if your goal is about basketball fundamentals, you can take a video of a passing drill at practice.





# WHAT IS A S.M.A.R.T. GOAL?



**S - Specific:** Your goal should be specific to help focus your efforts

**M - Measurable:** Your goal needs to be measurable so that you can track your progress

**A - Attainable:** Your goal should be challenging, but it also needs to remain possible

**R - Relevant:** Your goal needs to matter to you and should impact the present or near future

**T - Timely:** Your goal needs to have a targeted completion date that is not too far in the future

## SPECIFIC

Do well in math

Get 80% in math

## MEASURABLE

Get healthy

Exercise for 30 minutes a day

## ATTAINABLE

Bank \$500,000 a month

Bank 10% of what I earn this year

## RELEVANT

Become a rock star

Learn how to play guitar

## TIMELY

Finish Halloween costume

Finish costume by October 15th

## HOW TO CREATE A GOAL IN EDUCATION PLANNER

1. From the **Home** navigation menu, select **Goals** and click **+ Add Goal**.

Add Goal

2. Select what **Type** of goal you want to set, enter a **Goal** statement, select a **Timeframe** for your goal, and add 2-3 **Tasks**.

3. Once you've created your goal, click the **three dots** on the top right corner of your goal. Click **+ Add to Portfolio**. Select a portfolio. Click **Add to Portfolio**.





# S.M.A.R.T. GOALS



## STUDENT-TEACHER CONFERENCING PROMPTS

1:1 conferencing between students and teachers is a great strategy to help with the implementation of goal setting. Pick-and-choose a few prompts to get students talking!

- How will achieving this goal have a positive impact on your current situation?
- What makes this goal challenging? Are there any challenges that concern you?
- What makes this goal exciting for you?
- Who have you shared this goal with? Why did you choose this person?
- What type of media can you add to your portfolio while completing your goal tasks?
- I'd like for you to add a reflection to your portfolio. Where are you in your goal progress?
- What do you need from me (or other support systems) to help you reach your goal?
- How will you know that you have achieved your goal?
- How are you going to celebrate goal milestones? Goal completion?
- What challenge(s) did you overcome to reach your goal? What did you learn about yourself in this process?

### Implementation Strategies

- Conferencing can be done at all stages of goal setting - beginning, middle, and end!
- Some students appreciate a bit of thinking time before conferencing. These questions can be turned into an entry task or assigned as homework before having a chat.
- There are many opportunities for conferencing - having a quick check-in about goals can be done while students are working on other activities.
- Let your students guide the conversation. Having a trusted "ear" to listen is appreciated.

