edYOUcate

S.M.A.R.T GOALS

The new year can be a time to reflect on the year gone by and think about changes for the year ahead. Maybe, you have been thinking about some goals and targets you want to achieve? Maybe you have never thought about setting a goal before but would like to give it a try this year?

Setting goals is very important but sometimes, we make them too big to easily achieve, and this can set ourselves up to fail. A good way to set goals that are easy to meet is to use S.M.A.R.T goals. **Let's explore this a bit more below**:

① S - Specific! (Detailed & precise)

Specific goals help us stay focused and motivated to achieve them. Think about:
- **What** it is you want to achieve and what would that look like each day?
- **Who / what** might help me get there?

Example of a not specific goal: "I will do more extra-curricular activities."
Example of a specific goal: "I will join the art club next half-term and the drama club in the summer, so I can meet new people."

## ② M - Measurable!

Give yourself a time frame to achieve your goal and steps you can tick off that show progress along the way. This helps us feel happy when we meet our targets and see our progress! Some questions you could ask yourself are:
- **When** you would want it done by.
- **What** steps do you need to take to get there?

Example of a non-measurable goal: "Do more homework"
Example of a measurable goal: "Spend three days a week, from 3 - 5pm, completing homework.

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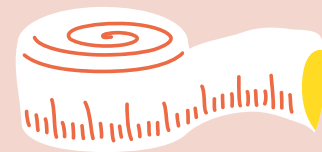
③ A - Achievable!

Sometimes if we set goals too big for us to manage, it sets us up to fail. Goals should challenge you but still be realistic. Think about:
- **How** you can achieve your goal?
- **What** do I need to help me?
- **Is** it manageable at the moment?

Example of a non-achievable goal: "I will catch up on all my revision for every subject by tomorrow."

Example of an achievable goal: "I can catch up on my revision for (X) subject by tomorrow, and the others by the end of the week."

④ R - Relevant

If a goal is about something that is important to us and our lives, it is easier to be motivated to achieve it. Try to make your goals about something meaningful to you. Think about:
- **Why** you want to achieve your goal?
- **What** will the reward at the end be for you?
- **How** will this goal affect your future?

Example of a non-relevant goal: "I will learn how to play football because my classmates say I should."

Example of an achievable goal: "I will learn how to play football because I want to get fit and play for my local team in the future."

⑤ T - Timebound!

Having a date you want to complete your goal by helps us stay focused on it and keep it important in our daily life. There's a finish line to aim for!
- **When** do you want to achieve your goal by?
- **What** steps do you need to get there?
- **How** long will it take to achieve?

Example of a non-timebound goal: "I will have better school attendance."

Example of an achievable goal: "By the end of this school year I will have improved my attendance score to 80% by going in for an extra half a day each week until I can attend every day for the whole of summer term"

EXAMPLE *S.M.A.R.T* GOAL

General goal:
Feel more confident when I'm reading.
Non-S.M.A.R.T goal version: "Improve my reading."

How can I make this a S.M.A.R.T goal?

(S) Specific - I want to improve my reading age by two levels on my end of year 7 school report.

(M) Measurable - I will read for an hour a day, Monday - Friday.

(A) Achievable - I can do this because my parent can help me with my reading and my teachers can help me pick the right books for me.

(R) Relevant - I want to do this because I enjoy reading and want to read my first novel.

(T) Timebound - I have two terms left until the end of year 7, when my report comes out....that's six months!

Tip #1

If one day / week / month you forget to do your goal, or life gets in the way...it's OK, we all do that sometimes. You can always try again or carry on where you left off when you feel ready.

S.M.A.R.T GOAL

I will improve my reading age by two levels at the end of year 7 by reading for an hour, five days a week with the help of my mum and teachers. I will see how much I've improved on my end of year report and will have read my first novel from cover to cover."

Tip #2

The (R) in S.M.A.R.T can also stand for reward! Try giving yourself a treat or fun reward at the end, you've earned it! Even if you didn't fully complete the goal, trying something new is hard and you can still give yourself a reward for something new you've learned or improved on.

Tip #3

Your parent, aunty or sibling might be encouraging, get them to ask you how it's going - goals are always easier with a bit of encouragement! Or maybe you & a friend could do the same goal together!

S.M.A.R.T GOAL CHALLENGE!

If you want to try making your own S.M.A.R.T goal, you can use the template below. There is also a worksheet on our website you can print out to help you. I'd love to read your goals, so please email them to me via anyadestiney@talkofftherecord.org and I will put them (anonymously) in the next edition of EdYOUcate!

STEP 1: Think of something you have wanted to try / achieve / change for yourself recently.

STEP 2: What would this be if it were a goal? Write it down! Don't worry about making it S.M.A.R.T yet, just a general goal is fine.

Step 3: Start thinking about all the letters in S.M.A.R.T and apply them to your goal. Using the example above as a guide, write a sentence for each letter that adds more information to your original goal:

(S) Specific -   **(A)** Achievable -   **(R)** Reward (bonus letter) -

(M) Measurable -   **(R)** Relevant -   **(T)** Timebound -

STEP 4: Summarise what you wrote in step 3 to make your S.M.A.R.T goal.

STEP 5: Get support with achieving your goal, for example; Ask friends / family / teachers for encouragement, choose your end reward, put up a chart to track your progress, write some reminders of why you set the goal on post it's around the house etc.

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