Worksheet · Student Wyckoff · My Day

All five SMART checks and a form to complete

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In a discussion about self-regulation, SMART turns an intention into an observable action and an agreed feedback point. It is not a psychological test, diagnosis or explanation of every cause of behaviour. Check whether the person actually values the goal. The complete original example is to solve five percentage problems independently by Friday. Fill in your column; reduce the scope if time or prerequisite knowledge is missing.

Name / project: _____

Fill the blank rows with your own examples.

Component	Check question	Completed example	My version
S - specific	What will I do?	Solve percentage problems	
M - measurable	How will I check?	Five independent solutions, compared with a model	
A - achievable	Which resources are available?	Three sessions, an understandable example and help with a question	
R - relevant	Why does it matter?	Handle this type of problem independently	
T - time-bound	When will I review?	Friday after the final session	

Sources

- CDC - SMART Framework
  https://www.cdc.gov/youth-advisory-councils/action-plans/smart-framework.html
- NYU - SMART Goals and variants
  https://wp.nyu.edu/coaching/tools/smart-goals/
- Manchester Metropolitan University - SMARTER goal setting
  https://rise.mmu.ac.uk/wp-content/uploads/SMARTERGoalsettinginfo.pdf