Setting a study goal with SMART

One shared study example

Solve five percentage problems independently by Friday and compare the solutions with a worked answer.

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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

Checking the result on Friday

Save five independent solutions and compare them with the worked answer.

Note errors and any step that still requires a prompt.

If resources were insufficient, change the scope or approach and record why. A deadline is a review point, not a guarantee.

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/