

SMART Goals for study

Defining the parameters of your study session can help you to make progress in your study. We recommend making goals in two ways. First for an overview of a full piece of work. Secondly for small incremental progress: SMART goals can be set for individual study sessions. Using SMART Goals will also help you identify what success looks like for you and if you have achieved it.

Specific: What do you want to achieve? Make it exact.	
Measurable: What does success look like? Track your progress as you go.	
Attainable: Can you realistically do this? Do you have all the resources needed?	
Relevant: Does this feel worthwhile and important?	
Timely: When will you achieve this by? Set a date.	