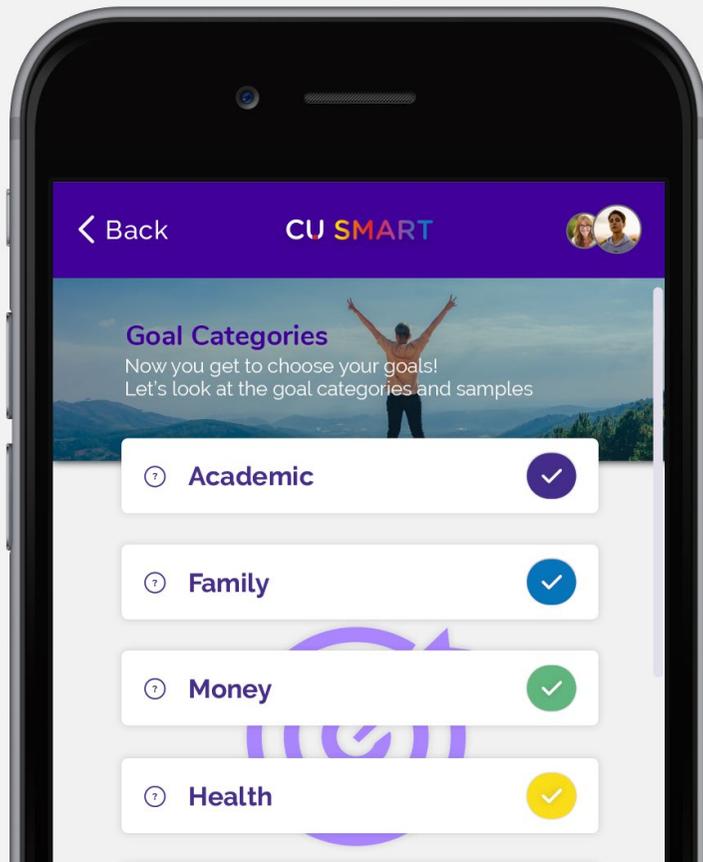


CU-SMART Quick Start

This guide is designed to give you an overview of the SMART method that students use to create their initial goals. To learn how quick and easy the SMART method is, [click here](#) to view a short video, which students watch in class, during Lesson #1.



01

Create a List

We ask students to take a few minutes to create a list of their potential goals (without using SMART method), selected from the CU7 goal categories below. To get the most out of the CU-SMART Goal Program, students need to create 3 or more goals (1 from each category would be even better).

CU7 Goal Categories



Academics



Social Life



Family



Behavior



Health



Money



Community

LEARN MORE ABOUT THE CU7 GOAL CATEGORIES

02

Prioritize

Students watch the *Relevant* video during lesson #1. They go through their list and rank which goals are most important or meaningful to them. This helps determine which goals are currently 'Relevant'. The goals are numbered 1, 2, 3 and so on.

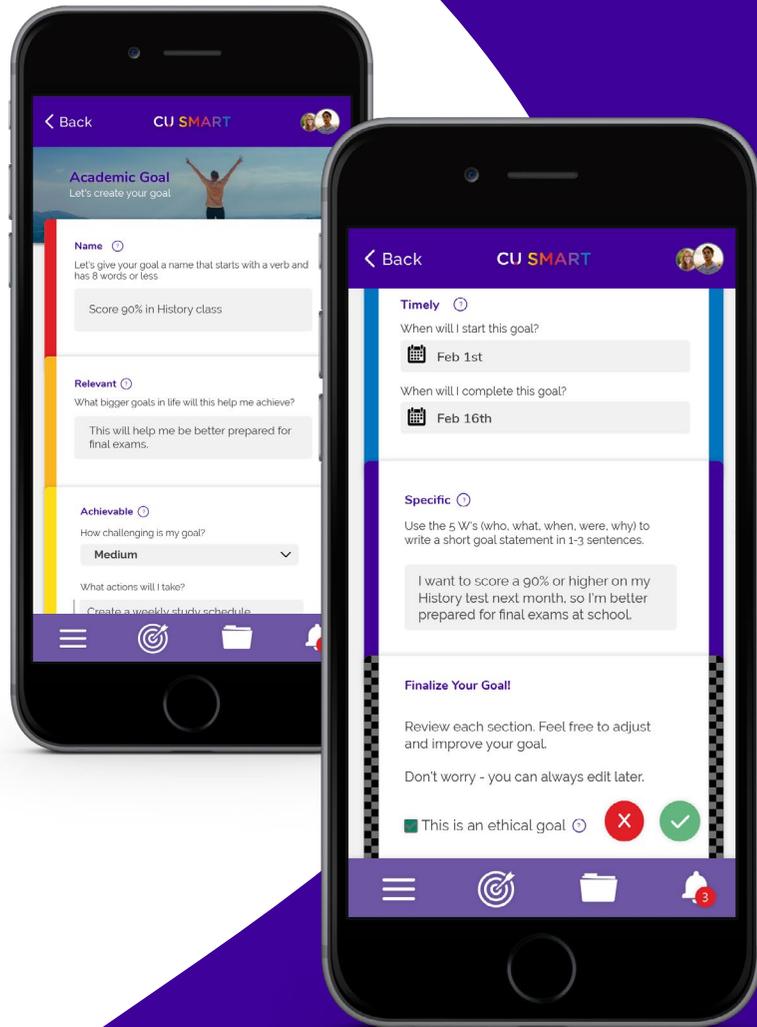
03

Flesh Out Goal Details

'*Relevant*' goals are selected and details are fleshed out. The following steps resemble:

- » **Achievable** – Write down 2 Action Items (or more) per goal; this will help you get started on the right path.
- » **Measurable** – Determine what will be considered success and how you will measure progress along the way.
- » **Timely** – Consider how long the goal should take and how often you will evaluate progress.





04

Putting it All Together

Students finalize their goals and get 'Specific', by writing 1-3 sentences which summarizes the previous steps. They need to make sure the goal covers the 5 W's (not necessarily in order):

- WHO
- WHAT
- WHERE
- WHEN
- WHY

Example:

"In order to improve my health, I will exercise at home

3 times a week for the next two months."

05

Revisit 'Relevant'

During steps #3 and #4 they may discover that a goal is currently not a priority or a good fit. Therefore, the final step is to take a moment to revisit 'Relevant'. Students confirm that the goals they fleshed out are goals they truly want to pursue.

Have you enjoyed this Quick Start to SMART goal setting?

BOOK A DEMO FOR YOUR SCHOOL