

HIT YOUR TARGET

Circle the best way to make each of these SMART goal:

SPECIFIC:

Use specific terms rather than vague, abstract ones.

Goal: To get a part-time job.

- A. I will apply for a job at Blockbuster.
- B. This month I will apply for 8 jobs at the mall and follow up on each application.
- C. I will talk to my dad about helping me find a job.

MEASURABLE:

Include objective measurements.

Goal: To earn a "B" average.

- A. I will study really hard this semester.
- B. I will find a study buddy and get some help.
- C. I will enroll in a study skills class and study an extra 30 minutes a day.

TIME-BOUND:

Give it a specific time frame.

Goal: To identify a couple of careers that I think I would like to learn more about.

- A. By December I will interview 3 people who have careers that interest me and match my Holland Code.
- B. I will use the internet to research 25 careers that interest me.
- C. I will talk to my parents and my counselor to find out what I should do.

ACTION-PACKED:

Outline what you are going to **do** to make it happen.

Goal: To make new friends.

- A. The first month of school I will join 2 school clubs and try out for the basketball team.
- B. I will talk to people in my classes.
- C. I will hang out with my brother's friends.

REALISTIC:

Make it something that is possible for you to achieve.

Goal: To decide on what kind of education I want after high school.

- A. I will talk to my counselor about going to Harvard.
- B. I will ask around to see what my friends are doing.
- C. I will sign up for a college workshop in August and meet with my counselor in September to review my options.

Write down one career goal you would like to achieve. Then fill in the details to make it SMART.

My goal: _____

S: _____

M: _____

A: _____

R: _____

T: _____