

**S M A R T**  
goals

# WHY WE NEED GOALS

Goals help us focus, stay motivated,  
and achieve our dreams!

# SMART GOALS

SMART Goals are:

A

Achievable

S

Specific

R

Relevant

M

Measurable

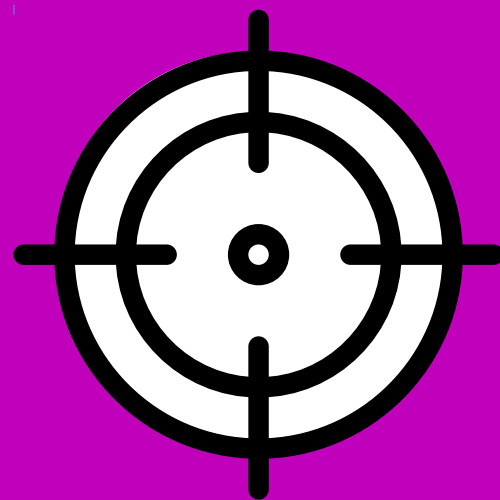
T

Time-bound



S

A specific goal means it is clear and easy to understand.

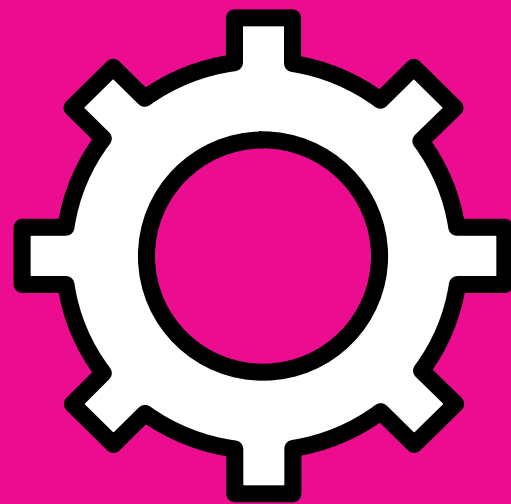


Example: Instead of "I want to get better at math," say, "I want to improve my performance on math tests by consistently achieving higher scores."

# M

A measurable goal means you can track your progress.

Example: "I will raise my average test score by 10 points."



A

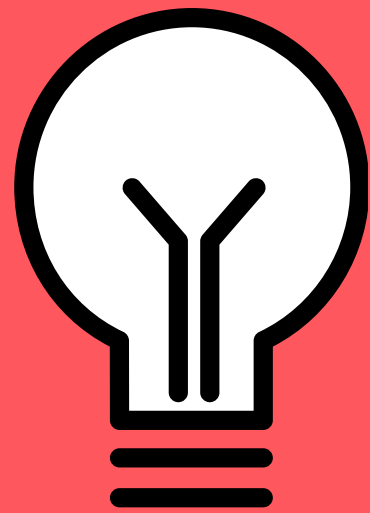
An achievable goal is something you can realistically do with effort.



Example: "I will improve my test scores by studying daily and utilizing Power Hour tutoring sessions to reinforce my understanding."

**R**

A relevant goal is something that matters to you.



Example: "Improving my test scores will help me demonstrate a better understanding of the material, leading to stronger overall performance in class."

T

A time-bound goal means you give yourself a deadline.



Example: "I want to improve my math test scores by the end of the next 3 months."



# SMART GOALS . . .

- Help you stay focused
- Break big dreams into smaller steps
- Keep you motivated because you can see your progress
- Your turn... Create a SMART Goal for this school year.

# POWER HOUR

Power Hour is from Tuesday to Friday, so it's a good idea to plan your week ahead. So if you have A lunch, you'll eat lunch during A lunch and go to tutoring or a club during B lunch. If you have B lunch, you'll eat during B lunch and go to tutoring or a club during A lunch. If you're struggling or failing any classes, make sure to use tutoring time to get extra help. Power Hour schedule is posted in the cafeteria and throughout the school.

To check your most current grades, visit Home Access, Gradeway or Gradepro.

**FINALLY...**

Dream big, set SMART goals, make a  
plan and  
watch yourself grow!