



The Tutoring Formula

SMART ACADEMIC GOAL WORKSHEET

WHAT IS YOUR GOAL?

Fill out the questions below to come up with a detail plan for your goal.

SPECIFIC

The goal should state what you are trying to achieve.

What am I trying to achieve or accomplish?	
Who will be involved in helping me achieve my goal?	
Why am I trying to achieve this goal?	
When will I achieve this goal?	
Where will I achieve this goal?	

MEASURABLE

You need to know if you accomplished your goal.

What type of benchmark is being used?	
How do you know you accomplished your goal?	

ACHIEVABLE

Is your goal possible or impossible to achieve?

Do you have enough time to achieve this goal?	YES NO
What type of resource(s) are needed to achieve this goal?	
Do you have the resource(s) to achieve this goal?	YES NO

RELEVANT

Understanding the importance of your goal will help you stay on track.

Why do you want to achieve this goal?

What is the purpose of this goal?

Why is this goal important to you?

TIMELY

Goals need to have a deadline to be completed.

When does this goal need to be completed?