

Smart Goals



Goal-setting will allow you to become more responsible for your learning. It will help you to prioritise what is important and help you to work out where you are going and how you will get there.

There are different types of goals including **Mastery Goals** and **Performance Goals**.

e.g. In English, I want to refine my paragraph structure (mastery) and receive 80% in my next assessment task (performance).

S

SPECIFIC

Be clear and specific so your goals are easier to achieve. This also helps you know how to get started.

M

MEASURABLE

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

A

ACTIONABLE

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.

R

REALISTIC

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

T

TIME-BOUND

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

Learn More
<https://biglifejournal.com/blogs/blog/guide-effective-goal-setting-teens-template-worksheet>
<https://www.kiddiematters.com/goal-setting-coaching-adolescents-successful-life/>
<https://www.mindtools.com/a4wo118/smart-goals>
<https://link.springer.com/article/10.1007/s11031-021-09879-1>



Goal #1

Define Goal:

Measurable Steps:

☐ Mastery Goal

☐ Performance Goal

Rate your current performance



Challenges:

Why might you find this goal difficult? What's holding you back?

Resources:

Review Date:

Reward:

Where can you look for information? Who can you ask for help?

Review

Rate your current performance

Adjustments:



Obstacles

Next Steps:

Review Date:



Goal #2

Define Goal:

Measurable Steps:

Mastery Goal

Performance Goal

Rate your current performance

ExcellentGoodMediumPoorVery Bad

Challenges:

Why might you find this goal difficult? What's holding you back?

Resources:

Review Date:

Reward:

Where can you look for information? Who can you ask for help?

Review

Rate your current performance

Adjustments:

ExcellentGoodMediumPoorVery Bad

Obstacles

Next Steps:

Review Date:

Goal #3

Define Goal:

Measurable Steps:

Mastery Goal

Performance Goal

Rate your current performance

ExcellentGoodMediumPoorVery Bad

Challenges:

Why might you find this goal difficult? What's holding you back?

Resources:

Review Date:

Reward:

Where can you look for information? Who can you ask for help?

Review

Rate your current performance

Adjustments:

ExcellentGoodMediumPoorVery Bad

Obstacles

Next Steps:

Review Date: