

GOAL: TO PREPARE FOR MY SCIENCE TEST, I WILL STUDY FOR 30 MINUTES EVERY DAY AND REVIEW ONE SUBJECT OR CHAPTER EACH DAY DURING THE TWO WEEKS LEADING UP TO THE TEST.



SPECIFIC

Plan effectively with specific targets in mind.

I want to study and feel prepared for my science test.



MEASUREABLE

Track your progress and reevaluate along the way.

I will study 30 minutes a day and review one subject or chapter each day.



ATTAINABLE

Set realistic goals that are challenging but achievable.

I will use my notes, homework, flashcards and study guides to review.



RELEVANT

Ensure the goal serves a relevant purpose.

Studying will help me understand the material and do my best on the test.



TIMELY

Specify a deadline, monitor progress and reevaluate.

I will follow this plan for the two weeks before the exam.



GOAL: _____

S

Specific: What exactly do you want to achieve?

M

Measurable: How will you keep track of your progress?

A

Achievable: Is this something you can actually do? How will you do it?

R

Relevant: How does your goal help you?

T

Timely: When is your deadline?

GOAL: _____

S

Specific: What exactly do you want to achieve?

M

Measurable: How will you keep track of your progress?

A

Achievable: Is this something you can actually do? How will you do it?

R

Relevant: How does your goal help you?

T

Timely: When is your deadline?
