

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.

S

SPECIFIC

Plan effectively with specific targets in mind.

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

G

M

MEASUREABLE

Track your progress and reevaluate along the way.

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

O

A

ATTAINABLE

Set realistic goals that are challenging but achievable.

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

A

R

RELEVANT

Ensure the goal serves a relevant purpose.

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

L

T

TIMELY

Specify a deadline, monitor progress and reevaluate.

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

S

GOAL: _____



Specific: What exactly do you want to achieve?



Measurable: How will you keep track of your progress?



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



Relevant: How does your goal help you?



Timely: When is your deadline?

GOAL: _____

S

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Measurable: How will you keep track of your progress?

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

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