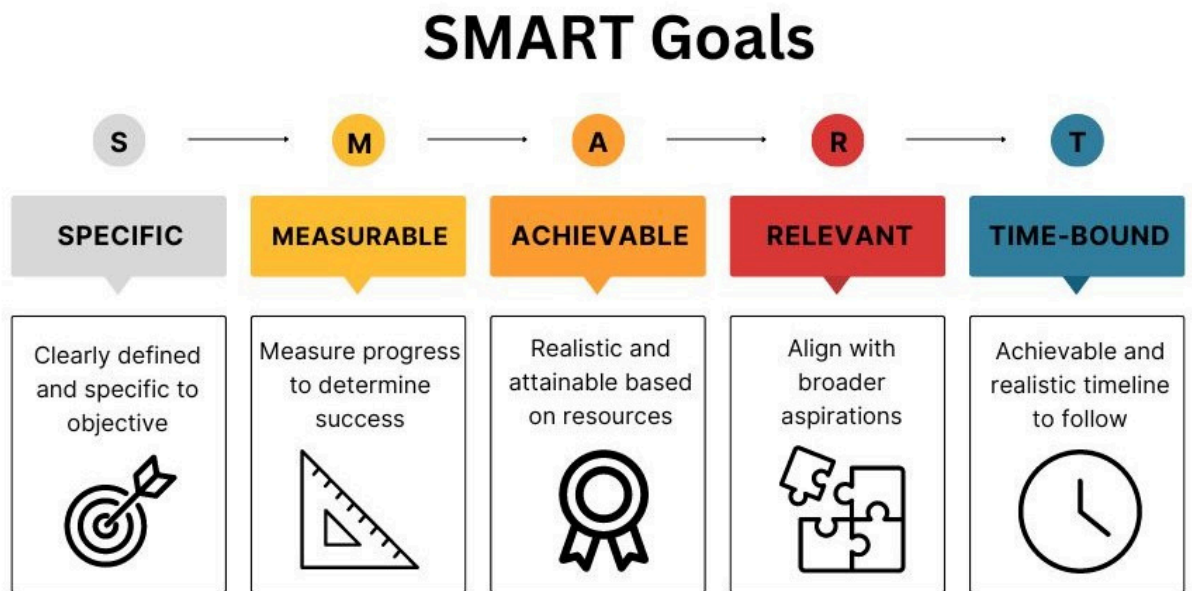




SMART Goals

Set clear, attainable, and meaningful goals to create a clear, digestible roadmap to success!



What does SMART stand for?

S: Specific

M: Measurable

A: Achievable

R: Relevant

T: Time-bound

What is the definition of a SMART goal?

Specific: Goals should be clearly defined and specific to the overall objective.

- What do I want to accomplish?
- Why is this goal important and where will it lead me?
- What do I need to do in order to achieve this goal?

- Who is involved?

Measurable: Goals should have the ability to be measured to determine success.

- Can this goals progress be measured, and if so, how?
- How does the measured progress show my success?

Achievable: The goal should be realistic and attainable based on your current resources and bandwidth.

- How many hours per week can I commit to the goal?
- What current resources or support systems do I have put in place to attain the goal?
- Can I balance this goal with my other duties/responsibilities?

Relevant: Your goals should align with broader aspirations to remain focused on future matters.

- Why is this goal important to my overall vision?
- How will this goal help me attain my future objectives?

Time-bound: All goals should have a clear, attainable timeline to follow, including start and finish dates.

- What is a realistic timeline I can follow when taking into account my other duties and responsibilities?
- What time-frame can I assign myself to not feel overwhelmed but also to create a sense of urgency?

SMART Goal Examples

(S)pecific: I want to earn my CompTIA Security+ certification to learn more about cybersecurity best practices and better position myself for high-paying jobs.

(M)easurable: I will complete 1 lesson each week of the CertMaster Learn Security+ Certification Training and track progress using the course feedback.

(A)chievable: I will set aside 7 hours per week to complete coursework and study while also maintaining my school and work schedule/duties.

(R)elevant: Earning this certification will strengthen my knowledge of security best practices which aligns with my overall goal of securing full-time employment out of college.

(T)ime-bound: I will complete my certification course within 6 months.

SMART Goal Activity

The following activity will help you brainstorm potential SMART goals. Take 2 minutes and write down any ideas that arise:

- Write down several large-scale goals you want to work on or learn more about.

Next, you will identify **1** goal for your above list and answer the following questions:

- What do you want to accomplish through this goal?
- Why is this goal important to you?
- Is your overall goal attainable? What steps can you take to get there?
- What are the smaller goals you can take to help you achieve the larger goal?
 - a. (ex. If you want to have a job by the time you graduate, some smaller goals could be meeting with a career coach, working on your resume/cover letter, networking with professionals, etc)

Finally, create a SMART goal out of **1** one of the smaller goals you identified above. Remember to use the following approach:

(S)pecific:

(M) easurable:

(A) chievable:

(R) elevant

(T) ime-bound: