

# Investing Students in the Rules PLANNER



# Set a SMART Goal



**Date:** \_\_\_\_\_

The best goals are SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound).

## Specific

Your goal is well defined and focused, and you understand why the goal is important.

## Measurable

Your goal defines how much or what type of change you're aiming to accomplish. It marks the difference between where you are and where you want to be.

## Achievable

Your goal is worthy of the energy, effort, and change required to achieve it.

## Relevant

Your goal is unique to your circumstances. Achieving this goal is worth the effort because it will make a positive difference in your life. Ask yourself what would happen if you didn't achieve the goal.

## Time-Bound

Your goal has a target date to bring it into focus.

Examples:

- By the end of this semester, learn two new revision skills for writing papers.
- This quarter, practice being assertive by taking on a leadership role in the drama club.
- Practice conversation skills with a friend each week this quarter.

## My SMART Goal

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# Connect Goal to the Rules



**The rules:**

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**My goal:**

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**Rules that connect to my goal and why they connect:**

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# Connect Rules to Concrete Behaviors



The behaviors that I will notice happening so that everyone meets their goal:

Examples:

- Being prepared for class
- Listening quietly while others are talking
- Speaking with a calm tone

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• \_\_\_\_\_

• \_\_\_\_\_



## Turn SMART Goal into a Plan

*A goal without a plan is just a wish. (Antoine de Saint-Exupéry)*

### Set SMART Goal



### Put In Effort



### See Small Changes

Start date: \_\_\_\_\_

Things I have to do to achieve my goal

Proof that effort is working

THE  
BEST  
GOALS  
ARE:

**Specific**  
**Measurable**  
**Achievable**  
**Relevant**  
**Time-Bound**

Target Date: \_\_\_\_\_

# SMART Goal Self-Assessment



**Learning Goal:** \_\_\_\_\_

**Date Set:** \_\_\_\_\_

**Have I Reached This Goal?** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

If you haven't yet reached your goal, what strategies do you think might help you get there (for example: taking notes, partner charts, or graphic organizers)?

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If you have reached your goal, what strategies did you find helpful?

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If you haven't yet reached your goal, what do you see as the obstacles in your way? What could you do to get past them?

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If you have reached your goal, what are some ideas for the next goal you'd like to achieve?

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1. Establish the reason for the check-in.
  - This step sets the tone for the conversation.
  - Explain to the student that you will be meeting with everyone at some point to check in on their progress. It's a conversation about whether or not they have reached their SMART goal and how you can help them succeed when setting a SMART goal.
2. Reaffirm teacher-student rapport.
  - Positive relationships should already be established between student and teacher.
  - This is the time to note a student's efforts and successes so that they can succeed in reaching or setting a new SMART goal.
3. Invite the student to share their self-assessment form.
  - This should be student-driven.
  - During this time, allow the student to lead the discussion when sharing their SMART goal. Use questions to prompt discussion or further explanation as needed.
4. Provide feedback to reinforce effort, then reflect and recalibrate on the SMART goal.
  - Teacher empathy plays a role in this process. There are a few things to note, which are your student's social and emotional needs, academic levels, and other factors.
  - Celebrate the student's efforts and small changes.
  - Ask questions to guide where the student may want to go next.
5. Have the student revisit their SMART goal plan.
  - This is also the time for the student to make a new goal or go back in their SMART goal to revisit any part that they feel they could improve.
  - Prompt the student to continue to connect their goals with the rules.

A goal  
without a plan  
is just a wish.

—Antoine de Saint-Exupéry



Center for Responsive Schools, Inc.  
P.O. Box 718, Turners Falls, Massachusetts 01376-0718