

# Goal Setting for Transition Students



## Definition

Goal setting is the process of identifying something that you want to accomplish and establishing measurable goals and timeframes. (yourdictionary.com)

## Attaining Goals

### A Student Goal is Attainable if:

- The goal is the student's and they believe they can attain it.
- The goal is realistic and measurable, yet challenging.
- The goal is specific and action oriented.
- The student is persistent (handles setbacks).
- The student reads their goal daily and tracks progress often.
- The student visualizes attainment of the goal.



## Teaching It

### Teaching Students to Set Goals

- Ask students about their desires for learning, personal, and for the future (short and long term).
- Help them set goals that are directly related to their responses.
- Teach students to write goals using the SMART method.
- Talk about and model handling setbacks and persevering.
- Teach students to track and report progress.





## SMART Goal Setting

S.M.A.R.T is an acronym meaning:



**Specific** means clearly defined or identified. (Who, What, Where, Why)

**Measurable** means able to be measured, establishing criteria to measure progress toward the attainment of the goal.

**Achievable** means it can be done or completed.

**Realistic** means having a practical (sensible) idea of what can be expected.

**Timely** means being done at a certain time or within a timeframe.

## Examples

### SMART Goals

*Within 6 weeks from today, I will lose 10 lbs. by exercising 30 minutes daily and decreasing my calorie intake to 1,400 calories a day.*

*I will apply for 2 part-time jobs a week until I secure a position that meets my needs.*

*By the end of the next grading period, I will have handed in all my assignments completed and earned all Cs or above on my report card.*

*By December 2016, I will have taken the SAT and applied to 3 colleges or universities of my choice.*