SMART Goals’ Are Clear, Well-Defined, and Encourage Success!

Specific: Goals should be clear in order to ensure that the youth understands what the goal is and how to reach it. The goal should clearly define what the youth wants or needs to accomplish and who is involved.

Measurable: Goals should include details of how completion is measured so youth know what the goal is and how to reach it. Goals should include details on how completion is measured so youth know what the goal is and how to reach it. The SMART goal is measurable if it includes specific action verbs, a specific value that can be compared to the benchmark set. It’s important to make sure that the goal is measurable.

Attainable: Goals should be realistic to make sure it is possible to achieve the goal. The SMART goal is attainable if the goal is measurable and relevant. The goal must be realistic as it is possible for the youth to attend school and attend tutoring sessions every Wednesday, by attending school and attending tutoring sessions every Wednesday, and the youth is more influenced by incentives than sanctions.

Relevant: Goals should include a manageable time-frame for the youth to achieve the goal. The SMART goal is relevant if the goal is important, attainable, and measurable. The goal should include a specific time frame.

Time-bound: Goals should include a specific time frame for the youth to achieve the goal. The SMART goal is time-bound if the goal is measurable within a specific time frame.