

S.M.A.R.T. Goals

Learning works better if you have a reason to do it. Maybe you chose this course over another grade 12 credit because you wanted to learn more about a particular activist or issue, or just because you were curious.

Framing your learning goals - which you may not have even realized you had! - will help you to stay on track as you progress through the course.

SMART stands for certain characteristics of goals that make them easier to achieve.

S	<p style="text-align: center;">Specific</p> <p>Have a really clear idea of what you want to learn and/or to earn. It might be a grade you want to earn, or something you want to know by the time you're done the course.</p>
M	<p style="text-align: center;">Measurable</p> <p>How will you know that you've achieved your goal?</p>
A	<p style="text-align: center;">Attainable</p> <p>Don't bite off more than you can chew - make sure you can achieve the goal without frustrating yourself. You can always review and change your goal!</p>
R	<p style="text-align: center;">Relevant</p> <p>Your goal should be related to both the course and to you as a person - if you're not interested in achieving it, it will become frustrating and boring to you.</p>
T	<p style="text-align: center;">Time Bound</p> <p>When will you know whether or not you've achieved your goal? Setting a date gives you a reference point to check your progress and either pat yourself on the back or take a moment to reset your goals.</p>

Here's an example of a completed SMART goal sheet that is NOT very effective:

S	<p>Specific</p> <p>I want to learn about social injustice in Africa</p>
M	<p>Measurable</p> <p>I'll be able to pass a test on social injustice in Africa</p>
A	<p>Attainable</p> <p>I can do this</p>
R	<p>Relevant</p> <p>I'm interested in this</p>
T	<p>Time Bound</p> <p>By the end of this year</p>

The Goal is not very specific - there are many types of social injustice in the World and Africa is an entire continent! Is there a test on social injustice in Africa? Who wrote it? Who marks it? It's great that you think you can do this but how do you know? It's great to be interested by WHY are you interested? The Time Line is also unclear: by the end of the school year? or the calendar year?

Let's try it again....

S	<p>Specific</p> <p>I want to learn what started the most recent civil war in Rwanda.</p>
M	<p>Measurable</p> <p>I will complete a project on this topic for my Social Justice 12 credit.</p>
A	<p>Attainable</p> <p>I can read books and use the Internet to gather information on this topic.</p>
R	<p>Relevant</p> <p>I admire Canadian Retired Lieutenant General Roméo Dallaire.</p>
T	<p>Time Bound</p> <p>I will complete this project by June 30th, 2013.</p>

Now, it's your turn.

Create a learning goal for yourself for your participation in the Social Justice 12 course.

Name: _____

S	Specific
M	Measurable
A	Attainable
R	Relevant
T	Time Bound