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Foreign Languages Department

SMART Goals

- **SMART** is a simple way to check if your goal is good.
- It helps you see whether your goal is clear, realistic, and useful for your learning.
- Use it as a quick check before you start studying.
- If you can answer **all five points**, your goal is clear enough to begin.

Specific	**I know exactly what to do.**
Measurable	**I know when I'm finished.**
Achievable	**I can do this, even on a bad day.**
Relevant	**This helps me in class or exams.**
Time-bound	**I have a clear deadline.**

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SMART Goal Examples for Reading

The tables below show examples of SMART study goals. Choose one example that matches your level and use it as a model to write your own goal.

B1 – Reading

SMART	EXAMPLE
Specific	Read an opinion or informational text
Measurable	One text (300–400 words)
Achievable	Identify main idea and supporting points
Relevant	Helps with exam reading and vocabulary in context
Time-bound	40 minutes, today

My SMART Goal:
In 40 minutes, today, I will read a text and identify the main idea, three supporting points, and five new words from context.