İSTANBUL NİŞANTAŞI UNIVERSITY
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.**

İSTANBUL NİŞANTAŞI UNIVERSITY
Foreign Languages Department

SMART Goal Examples for Vocabulary

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 – Vocabulary

SMART	EXAMPLE
Specific	Learn work/study-related vocabulary
Measurable	10 words (e.g. deadline, plan, responsibility)
Achievable	Write a sentence from the dictionary per word and write my own example
Relevant	Helps with writing and speaking tasks
Time-bound	45 minutes, by Friday

My SMART Goal:
In 45 minutes, by Friday, I will learn 10 work-related words, write two sentences for each, one from the dictionary and one myself.