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.

| | |
|---|---|
| **S**pecific | **I know exactly what to do.** |
| **M**easurable | **I know when I'm finished.** |
| **A**chievable | **I can do this, even on a bad day.** |
| **R**elevant | **This helps me in class or exams.** |
| **T**ime-bound | **I have a clear deadline.** |

İSTANBUL NİŞANTAŞI UNIVERSITY
Foreign Languages Department

# 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.

## B2 – Reading

| SMART | EXAMPLE |
|---|---|
| **S**pecific | Read an argumentative or academic-style text |
| **M**easurable | One text (500–600 words) |
| **A**chievable | Identify argument, opinion, and tone |
| **R**elevant | Helps with academic reading and discussions |
| **T**ime-bound | 45 minutes, this Monday |

**My SMART Goal:**
In 45 minutes, this Monday, I will read an argumentative text, identify the writer's main argument, two supporting reasons, and the writer's opinion or tone.