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.**

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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.

B2 – Vocabulary

SMART	EXAMPLE
Specific	Learn academic/professional vocabulary
Measurable	12 topic-related words
Achievable	Write definitions + example sentences + a short paragraph
Relevant	Helps with presentations, essays, discussions
Time-bound	50 minutes, this Wednesday

My SMART Goal:
In 50 minutes, this Wednesday, I will learn 12 topic-related words by writing their definitions from the dictionary, one example sentence for each and write a short essay using at least 6 of them.