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 Grammar

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.

Foundation – Grammar

SMART	EXAMPLE
Specific	Use past simple for regular and irregular verbs
Measurable	10 sentences about last weekend using past simple
Achievable	Write 5 sentences using regular verbs and 5 using irregular verbs
Relevant	Helps with writing about past experiences in exams
Time-bound	40 minutes, on the weekend

My SMART Goal:
In 40 minutes, on the weekend, I will practise the past simple by writing 10 sentences about last weekend 5 with regular verbs and 5 with irregular verbs. I will check verb forms using the grammar reference and correct my mistakes.