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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.

Foundation – Reading

SMART	EXAMPLE
Specific	Read a short everyday text
Measurable	One text (150–200 words)
Achievable	Read once for main idea, once for details
Relevant	Helps with reading questions in exams
Time-bound	30 minutes, this Friday

My SMART Goal:
In 30 minutes, this Friday, I will read one short text about everyday life, identify the main idea, and answer 5 detail questions. I will check my answers using the text.