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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 Speaking

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 – Speaking

SMART	EXAMPLE
Specific	Speak about myself
Measurable	1 minute
Achievable	Use simple sentences and past tense
Relevant	Helps with speaking exams and confidence
Time-bound	25 minutes, this weekend

My SMART Goal:
In 25 minutes, this weekend, I will prepare and record myself speaking for 1 minute about my weekend. I will listen once and note one mistake.