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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 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.

Foundation – Vocabulary

SMART	EXAMPLE
Specific	Learn shopping and money vocabulary
Measurable	8 words (e.g. price, cheap, expensive, pay, change, receipt, sale, cost)
Achievable	Write one example sentence from the dictionary for each word
Relevant	Helps with everyday texts and exam dialogues
Time-bound	40 minutes (today)

My SMART Goal:
In 40 minutes today, I will learn 8 shopping-related words, write one sentence for each, and review them once a day for one week.