



**ACADEMIC - SHORT TERM:** A short-term goal is something you want to do in the near future. The near future can mean today, this week, this month, or even this semester. A short-term goal is something you want to accomplish soon.

<b>Specific</b>	<b>What exactly do I want to achieve?</b>	
<b>Measurable</b>	<b>I will know I have reached my goal when...</b>	
<b>Achievable</b>	<b>With hardwork is this a reasonable goal?</b>	
<b>Realistic and Relevant</b>	<b>Is this goal important to me? What will help me to reach this goal?</b>	
<b>Timely</b>	<b>When will I reach this goal by?</b>	
<i>What are possible obstacles to this goal?</i>	<b>Obstacles</b>	<i>How will I overcome the obstacles to this goal?</i>

**ACADEMIC - LONG TERM:** A long-term goal is something you want to do further in the future.

Long-term goals require time and planning. They are not something you can do this week or semester.

Long-term goals usually take a school year to achieve.

<b>Specific</b>	<b>What exactly do I want to achieve?</b>	
<b>Measurable</b>	<b>I will know I have reached my goal when...</b>	
<b>Achievable</b>	<b>With hardwork is this a reasonable goal?</b>	
<b>Realistic and Relevant</b>	<b>Is this goal important to me? What will help me to reach this goal?</b>	
<b>Timely</b>	<b>When will I reach this goal by?</b>	
<i>What are possible obstacles to this goal?</i>	<b>Obstacles</b>	<i>How will I overcome the obstacles to this goal?</i>