

## SMART Goal Action Plan Example

|                             |  |                                    |
|-----------------------------|--|------------------------------------|
| <b>Goal Area:</b>           | <b>Education: Planning Courses and Improving Study Skills</b>  |                                    |
| <b>SMART Goal</b>           | Make a long-term plan including courses to high school graduation by _____ (date).<br>Use at least _____ (amount) new study skills and strategies by _____ (date).   |                                    |
| <b>Outcome/Results</b>      | I will be able to complete courses that I need for my plans after high school graduation. I will be able to improve my learning and grade point average (GPA).   |                                    |
| <b>Action and Time Line</b> | <b>Action Steps</b>  | <b>Time Line</b>                   |
|                             | 1) Review the resources at <a href="#">GPS LifePlan&gt;Education&gt;Study Skills and Strategies&gt;Learning Styles</a> to learn more about improving my study habits and skills.   | Within next 2 weeks<br>Date: _____ |
|                             | 2) Complete the <a href="#">Learning and Academic Success</a> worksheet which can be found at <a href="#">GPS LifePlan&gt;Education&gt;Timeline and Actions for Graduation</a> . Discuss this worksheet with my school counselor and family.               | Within next 3 weeks<br>Date: _____ |
|                             | 3) Complete the steps at <a href="#">GPS LifePlan&gt;Education&gt;Timeline and Actions for Graduation</a> for my grade level.  | Within next 4 weeks<br>Date: _____ |
|                             | 4) Select what I plan to do after graduation in step 3 at <a href="#">GPS LifePlan &gt; Education &gt; Create Your Education Plan</a> .  | Within next 5 weeks<br>Date: _____ |
|                             | 5) Review the <a href="#">Minnesota Programs of Study</a> website – the link is at <a href="#">GPS LifePlan&gt;Education&gt;Timeline and Actions for Graduation</a> . Print out the suggested course list for the Programs of Study that most interest me. | Within next 5 weeks<br>Date: _____ |
|                             | 6) Complete the <a href="#">My Education Plan</a> worksheet which can be found at <a href="#">GPS LifePlan&gt;Education&gt;Timeline and Actions for Graduation</a> . Discuss this worksheet with my school counselor and family.                           | Within next 6 weeks<br>Date: _____ |
| <b>Support Network</b>      |  |                                    |
| <b>Obstacles</b>            |  |                                    |
| <b>Adjustments</b>          |  |                                    |

**Career and Life Planning Workshop - SMART Goal Setting – Adapted from MyMilitary GPS LifePlan**

Developed by Minnesota State Colleges and Universities (Partially funded by a 2008 congressionally directed grant, P116Z080299), MN ARNG Deployment Cycle Support, and Higher Education Veterans Program of Minnesota Department of Veterans Affairs

