

# SMART GOAL SAMPLES



## SMART GOAL SETTING



**ASK THESE QUESTIONS:** **Specific** - What is the behavior we want to achieve? **Measurable** - How will you know we've achieved it? **Attainable** - What is the realistic outcome? **Relevant** - Why is this important? **Time Bound** - When will we achieve this by?

## PLANNING

- When given a set of 5 tasks for a homework session, \_\_\_\_\_ will indicate their order, create a plan on paper, and stick to the plan to complete all 5 tasks for two consecutive weeks.
- \_\_\_\_\_ will write daily assignments and homework in a daily planner for the month of January.
- At the end of each day this week, \_\_\_\_\_ will create a plan for the next day's activities and gather all items needed by the door before bed.

## ORGANIZATION

- \_\_\_\_\_ will organize materials in a binder or folder and will bring assignments to and from school with 80% accuracy as measured by parent binder checks.
- When given a writing assignment or project, \_\_\_\_\_ will prepare an organized outline before proceeding with the assignment and review the outline with a parent or teacher for all assignments this month.

## TIME MANAGEMENT

- Within two weeks, \_\_\_\_\_ will set and maintain a morning routine to complete all chores and tasks before school without being late.
- Before starting screen time during the month of March, \_\_\_\_\_ will set a timer to signal a one-minute alert before needing to transition to the next activity.

## TASK INITIATION

- By the end of the year, when given up to five different household chores, \_\_\_\_\_ will identify the best order to complete tasks and begin each task within 1 minute of concluding the previous one.

## PROBLEM-SOLVING

- By May, when \_\_\_\_\_ is presented with a problem (non-preferred task, a frustrating situation, criticism/correction), \_\_\_\_\_ will accurately determine the size of the problem (big problem, little problem, no big deal) and determine an appropriate course of action that does not involve problem behavior.
- When asked by a parent or teacher, \_\_\_\_\_ will demonstrate problem-solving skills by identifying the problem and generating two solutions appropriate to the situation for two consecutive weeks.

## WORKING MEMORY

- By May 10th, \_\_\_\_\_ will accurately repeat verbal instructions with 80% accuracy before beginning homework assignments as evidenced by data collection on the homework log.
- For the next three nights of homework, \_\_\_\_\_ will use the app-based system to record questions that cannot be answered immediately.

## EMOTIONAL CONTROL

- By the end of the email lessons, \_\_\_\_\_ will understand and be able to articulate and implement strategies for upstanding in a bullying situation.
- When given a choice of 3 different self-calming strategies, \_\_\_\_\_ will choose and implement a strategy within one minute on 90% of upsets in a week.
- By the last Friday in March, \_\_\_\_\_ will use the visual menu to identify and express feelings of frustration and anger with self or with others, and refrain from using aggression or verbal protest on at least 90% of opportunities.