

SMART Goals

Use this acronym as a guide in your goal-setting to aid your motivation and focus.

Specific: Direct and detailed.

Measurable: How will you know it's completed? Quantify what success looks like if possible.

Attainable: Realistic and you have the tools to achieve it.

Relevant: Does this goal matter to you?

Time-Bound: Create a deadline.

Example: *I will complete three LinkedIn Learning courses by the end of this semester.*

Questions? Reach out to ogsacademics@northeastern.edu or visit our page online at <https://international.northeastern.edu/ogs/campus-resource/academic-skills-advising/>