

Teacher Notes

What are SMART goals and why do they matter?

SMART goals are a way for students to set realistic and achievable outcomes. It stands for:

Specific
Measurable
Attainable
Relevant
Timely



Framing objectives with these goalposts in mind ensures we are building targets that are ambitious (but attainable), tangible and in line with wider goals. This is an especially valuable skill for students as it teaches them an effective framework to help them maintain their learning at a realistic pace.

What does a SMART goal look like?

Let's start with a very simple goal. Your student tells you they want to get a better grade in maths next term.

This is a good goal but let's make it SMART. The next step would be to add some specifics. i.e : "I want to get at least a B in maths this term."

Next, we need some metrics and a bit more focus. Which would look something like this: "I want to get at least a B in maths this term. I will do a handful of revision questions from each day's lesson for homework so I don't forget what I've learnt."

What can you expect from this pack?

This pack will help you set SMART goals with your students. We've included:

- ✓ A SMART goal planning sheet
- ✓ A SMART goal recording sheet
- ✓ Reflection Page
- ✓ Growth mindset quotes

Name: _____

Date: _____

MY SMART GOAL PLANNER

S pecific	What exactly do you want to happen?	
M easureable	How will you know then you have reached your goal?	
A ttainable	How can the goal be accomplished?	
R elevant	What makes the goal worth accomplishing? Does it help me with my term goals?	
T imely	When will you reach your goal?	

Name: _____

Date: _____

MY SMART GOAL

I want to _____

by _____.

I will _____

_____ to reach my goal.



Name: _____

Date: _____

GOAL REFLECTION



My goal was _____



Did I follow through with my plan?



Did I meet my goal?

☐

Yes

☐

No

☐

Not sure

Why?

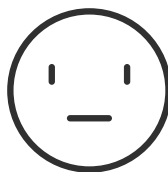
Overall, I would rate my effort towards my goal:



Superb!



Great



Average



Needs more work

What (if anything) will I do differently next time?

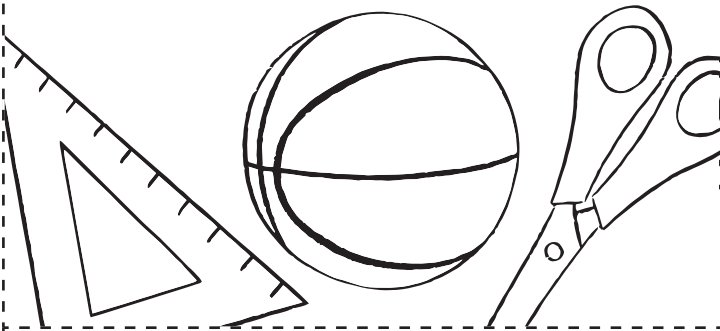


Motivational Quotes To Inspire Your Students

Cut and hand out to your students.

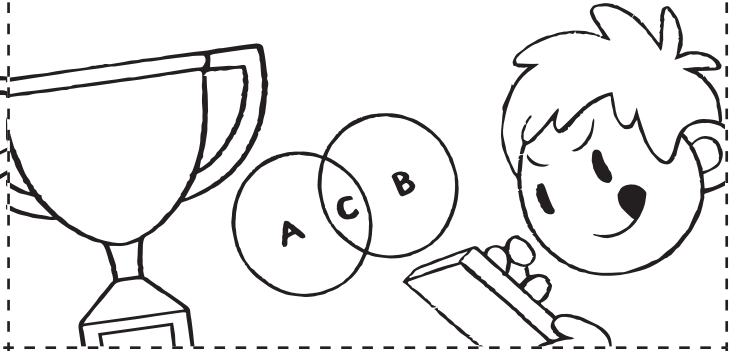
"Today is your day. Your mountain is waiting so get on your way."

Dr. Seuss



"Don't let what you can't do stop you from doing what you can do."

John Wooden



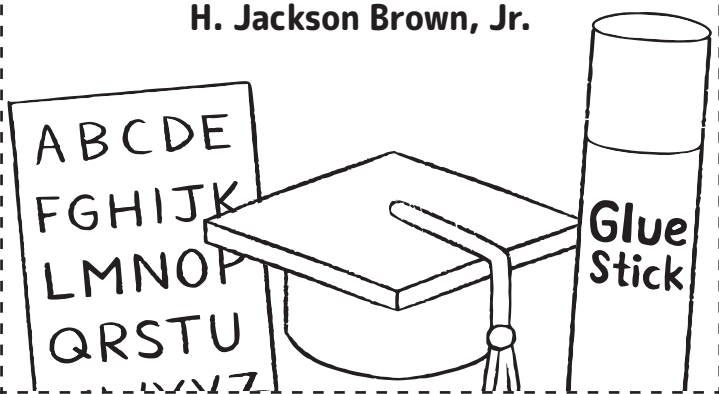
"Give the world the best you have, and the best will come to you."

Madeline Bridge



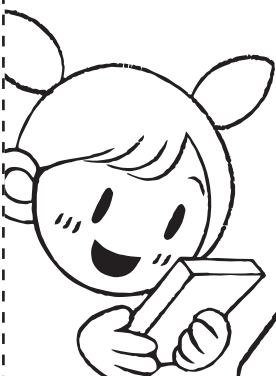
"The best preparation for tomorrow is doing your best today."

H. Jackson Brown, Jr.



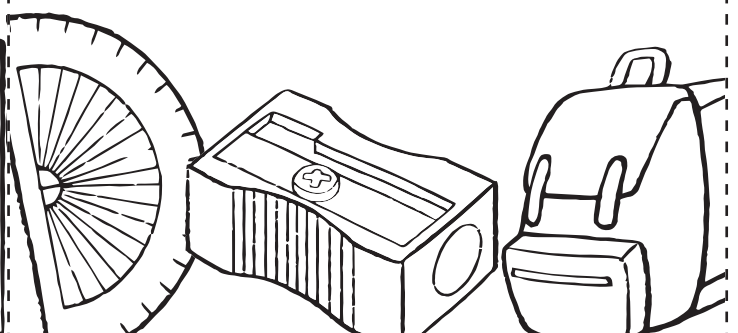
"If you can dream it, you can do it."

Walt Disney



"Knowledge will bring you the opportunity to make a difference."

Claire Fagan

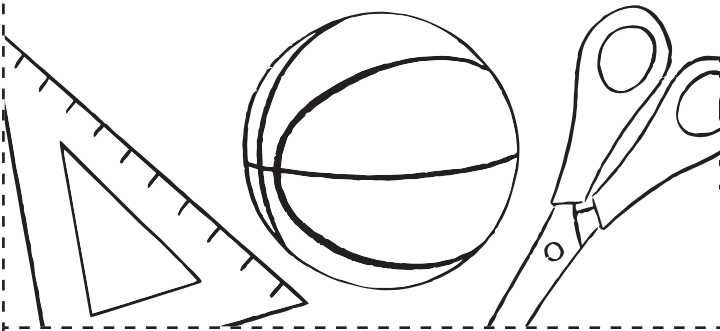


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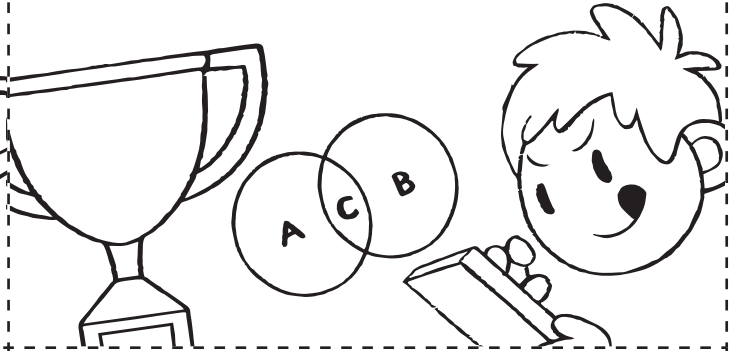
"The most beautiful thing you can wear is confidence."

Blake Lively



"It always seems impossible until it's done."

Nelson Mandela



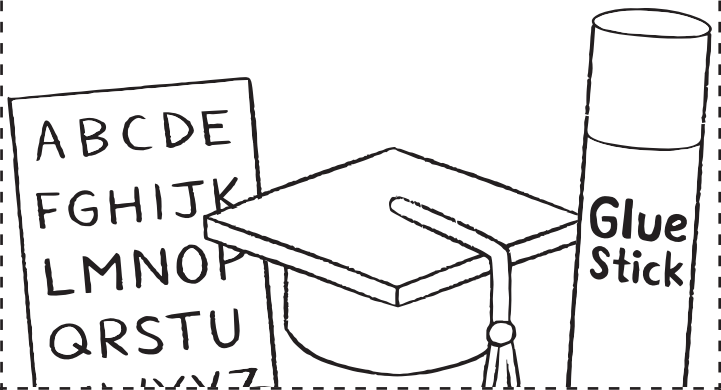
"Creativity takes courage."

Henri Matisse



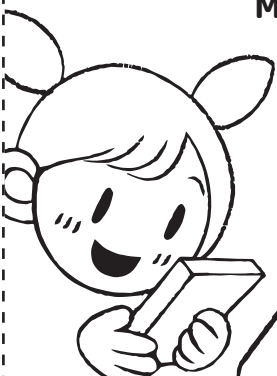
"You always pass failure on the way to success."

Mickey Rooney



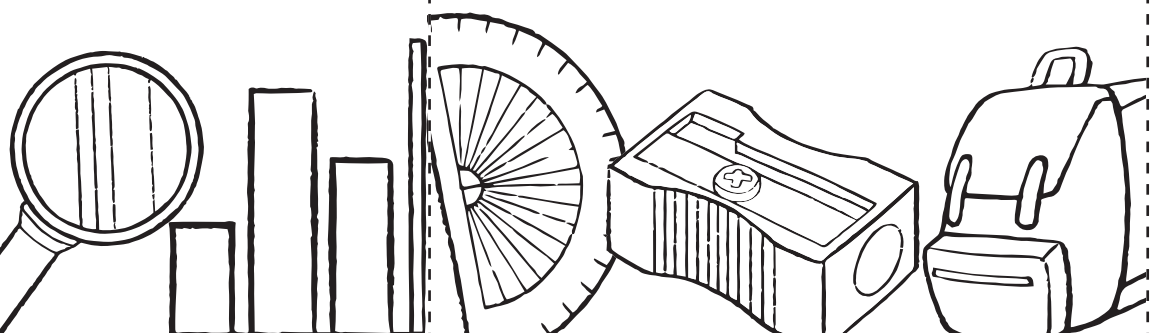
"Success doesn't come to you; you've got to go to it."

Marva Collins



"Self-belief and hard work will always earn you success."

Virat Kohli

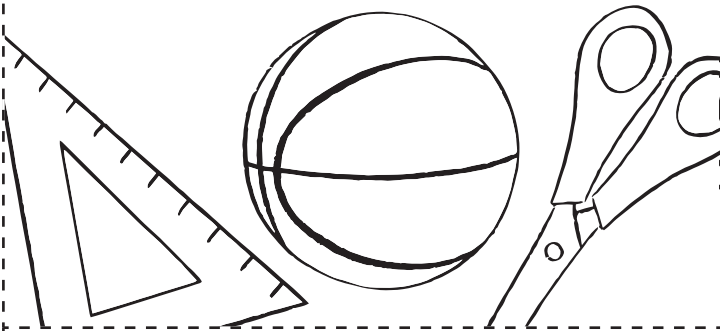


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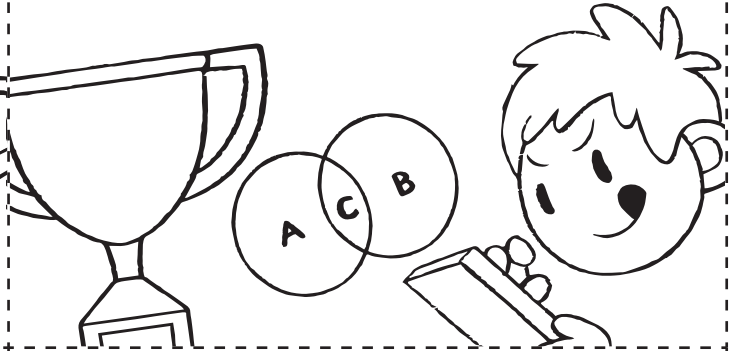
**"Believe in yourself and
all that you are."**

Christian D. Larson



**"Failure is another
steppingstone
to greatness."**

Oprah Winfrey



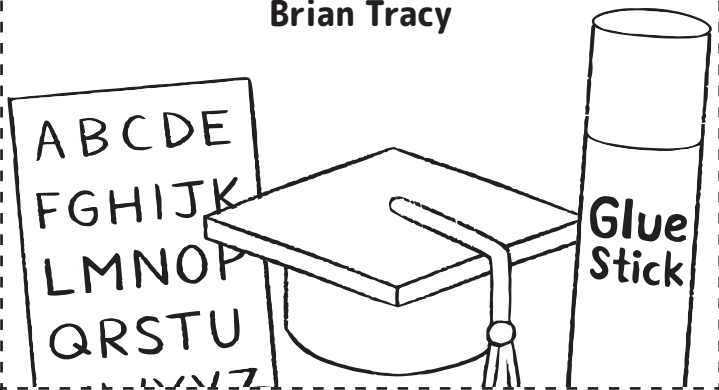
**"Success is the sum of
small efforts, repeated
day-in, and day-out."**

Robert Collier



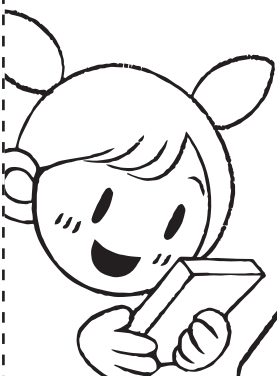
**"Reading is to the
mind, as exercise is
to the body."**

Brian Tracy



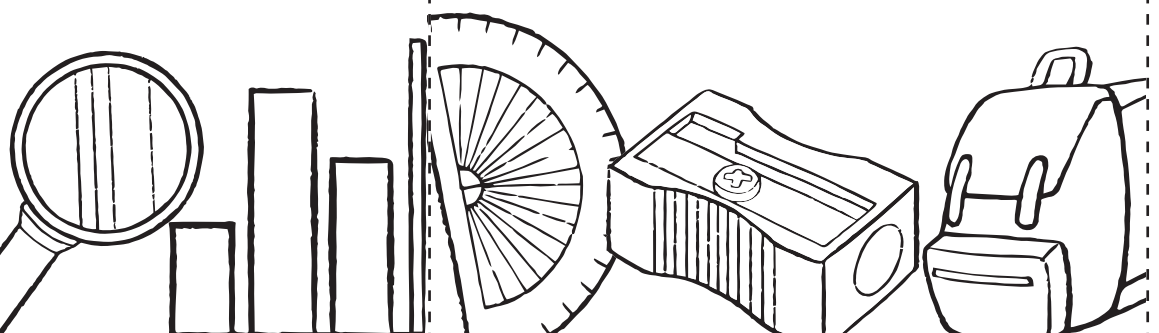
**"Preparation is the key
to success."**

Alexander Graham Bell



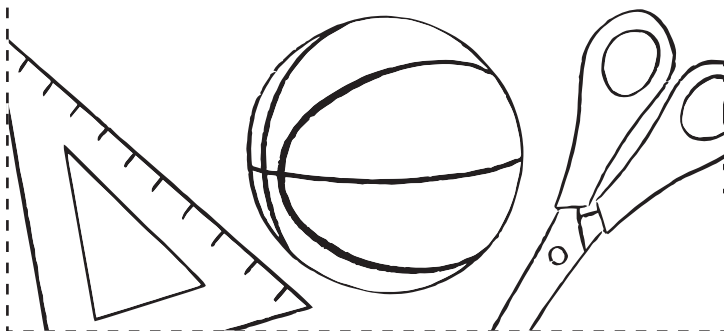
**"Today a reader.
Tomorrow a leader."**

Anonymous



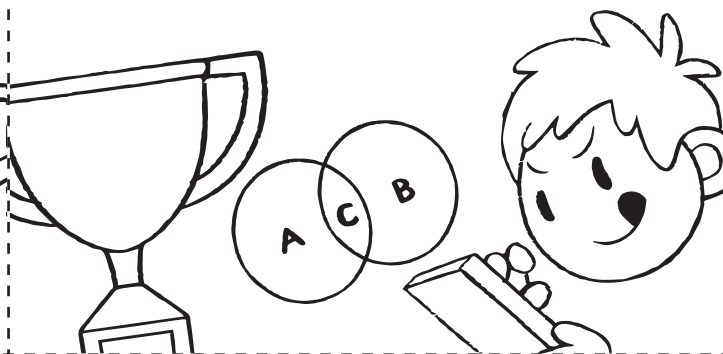
"You don't have to be great to start, but you have to start to be great."

Zig Ziglar



"The expert in anything was once a beginner."

Helen Hayes



"Don't be afraid to give up the good to go for the great."

John D. Rockefeller



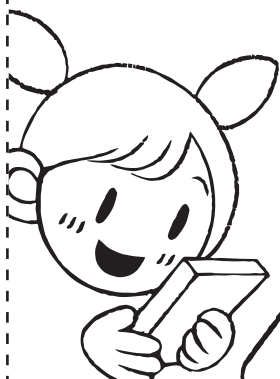
"Mistakes are the portals of discovery."

James Joyce



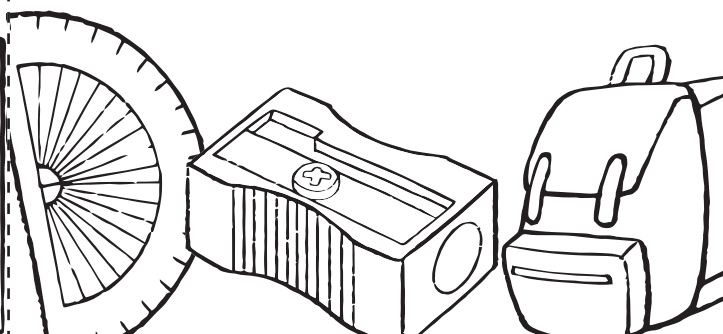
"Strive for progress, not perfection."

Anonymous



**"I hear, and I forget.
I see, and I remember.
I do, and I understand."**

Chinese Proverb

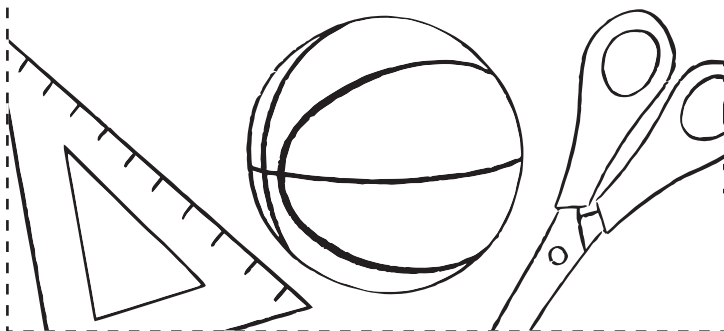


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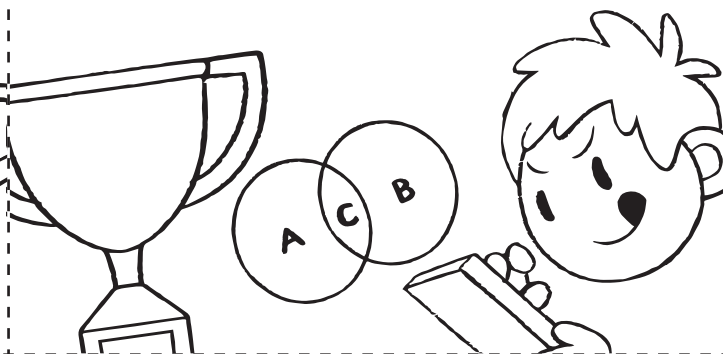
"Why fit in when you were born to stand out?"

Dr. Seuss



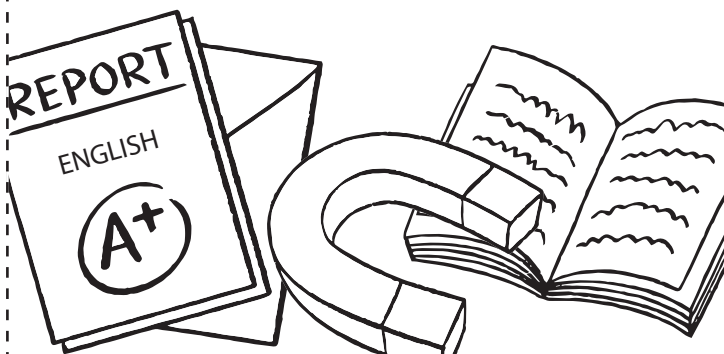
"You just can't beat the person who never gives up."

Babe Ruth



"You must do the things you think you cannot do."

Eleanor Roosevelt



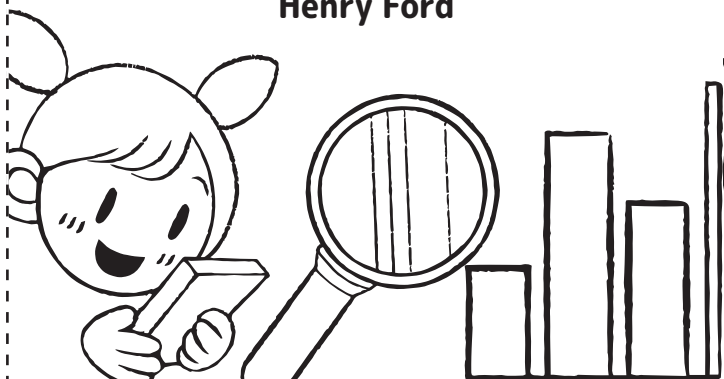
"It's not whether you get knocked down, it's whether you get back up."

Vince Lombardi



"Failure is the opportunity to begin again more intelligently."

Henry Ford



"Knowing is not enough; we must apply. Wishing is not enough; we must do."

Johann Wolfgang Von Goethe

