

Smart goals

[Business](#), [Marketing](#)



Teacher SMART Goal I have used SMART Goals in my study. The concrete example I can provide is studying college. My goals in college were specific, measurable, achievable, realistic and time sensitive or time bound. Smart Goals helped me measure my actual performance vis-à-vis my goal and kept my sight on my goal if I am being sidetracked with distractions in college. I was specific that I am going to get a bachelor's degree when I went to college. The measurable aspect in Smart Goal helped me monitor my performance by ensuring that I at least pass my subjects to keep my performance in track with the goal of graduating. The goal of graduating in college is also very achievable because almost everyone who went to college graduated and there should be no reason why cannot do it. Finishing the degree within the regular time period without failing mark is also very realistic because it is the normal course of finishing college. Setting the time period of graduating in four years is also is also my time bound goal in finishing college.

I many not have been conscious that I was already using SMART Goals in college but by having a clear, specific, measurable and time bound goal helped me graduate in time. SMART Goals also helped me to get back on track of my goal when I am being sidelined by distractions in college. College is fun and one could easily lose sight of one's goal of getting a degree but if one has a SMART Goal, it ensures that one will get the degree on time.