

Smart goals

Sociology



**ASSIGN
BUSTER**

My SMART Goals My career goal for this year is to be promoted to the ranks of supervisor. I will achieve this through improving my supervisory skills. I will use the performance appraisal results to track my progress in securing my promotion. I plan to achieve this by ensuring that I read the book “supervision; key link to productivity” each day and practicing what I have learned while at work. I will need my job supervisor to evaluate my supervision skills every Friday morning. Attaining the level of a supervisor will increase not only my rank but also my remuneration. I hope to have realized my goal on 20, April 2013.

My personal goal is to lose 3 inches on my waist. I will be measuring my progress 14th and 28th of every month. To achieve this, I will be attending gym sessions once a day in the evening from 6pm to 8pm for a period of 6 months. An obstacle that I may come along is fatigue caused by regular exercise. To avoid fatigue I will follow my gym instructor’s advice. By losing 3 inches, I will benefit by reducing the chances of acquiring diabetes and get an appealing body shape. I hope to have reduced the waist by 3 inches by 30, October 2012.

My academic goal is to achieve a grade 2. 1 in sociology at the end of this semester. To assess my progress, I will evaluate my understanding on this subject by doing continuous assessment tests and exercises every Friday afternoon. I will know that I have realized this goal if I achieve a more than 90% in all exercises and continuous assessment tests. Obstacles include limited resources of books, and research materials in the University library. I will have to research further in online libraries and scholarly databases particularly Jstor online library. I will benefit in that a grade 2. 1 in Sociology

will boost my overall grade for my degree program. I am hoping to have realized the grade 2.1 goal by 30, June 2012.