



Technical sheet



2. CREATING MY SMARTER GOALS

| Activity Title | Creating my SMARTER Goals |
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| L2L dimensions | <p>Self-awareness</p> <ul style="list-style-type: none"> - What am I able to do? - What do I need to get better at? <p>Goal Setting & Planning</p> <ul style="list-style-type: none"> - What learning would I like to achieve? - Setting my learning goals <p>Initiative & Ownership</p> <ul style="list-style-type: none"> - Taking responsibility for my own learning |
| Activity summary | <p>The aim of this exercise is to make your goals smart, to become aware of why you want to achieve it, and what it will do for you when you have reached it. This exercise will help motivate you in the process of reaching that goal.</p> |





Activity tool

Before we can set our goals, we need to make our goals are SMARTE!! That means that they need to be:

SMARTE

SPECIFIC! MEASURABLE! ACHIEVABLE/ATTRACTIVE! RELEVANT! TIME-RELATED! EFFECT

Fill in the table below by following the guiding questions.

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| <p>SPECIFIC What is it specifically that you need to get better at?</p> <p>Do you need to boost your confidence in speaking to others? Is it your grammar or your pronunciation that needs some work?</p> <p>When selecting your learning goal, you need to be as specific as you can. Don't worry about being "too specific", you can have more than one learning goal. Just complete the same process for the other goals.</p> <p>Let's say your problem is being more confident in speaking to others, then you can add a new learning goal to become more confident and start practising having conversations with others.</p> | |
| <p>MEASURABLE How do you know when you have reached your goal?</p> <p>When you set a learning goal, you need to know if you are reaching it. For this it needs to be measurable.</p> <p>So if your goal is to become better in conversing with other people, you could for example give yourself a goal to initiate and hold a conversation for 10 minutes with a stranger.</p> | |
| <p>ACHIEVABLE/ATTRACTIVE Will you really be able to do this? Why would you like to reach this goal? What value will it bring to you?</p> <p>Maybe it's too much to start with 10 minutes. You don't know if you can keep a conversation going for that amount of time, so you think it could be better to adjust it to 3 minutes. Then you can build</p> | |





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| <p>it up to longer periods and taking opportunities to contribute to spontaneous conversations as your confidence grows.</p> | |
| <p>RELEVANT Is it a relevant goal? What barriers will you meet? What will you do to overcome them?</p> <p>It's a good idea to see the connection between your goal, and what interests you. Perhaps this 3 minute conversation that you wish to be able to have, should be based on a theme that really interests you, or it's to prepare for a very interesting job opportunity. Also, you know that you'll feel insecure when meeting strangers, and feel afraid of taking initiative.</p> <p>At this stage the learning goal could be to: improve your conversational skills by having a 3 minute conversation about your favourite hobby/your interests with someone. You will overcome your shyness by choosing someone who often makes eye contact and shows interest in you.</p> | |
| <p>TIME-RELATED When will you be able to say you can do this?</p> <p>Our final step for your SMART learning goals is 'time-related'. This basically means that you need to give your goal a deadline for when you will have achieved it.</p> | |
| <p>EFFECT Once you have reached this goal, how will your life be better/different?</p> <p>What will be the value and effect of reaching this specific goal?</p> | |

**Inspired by George T Doran's S.M.A.R.T goals.*

