

SMARTER Goals + 5Ws & How Framework

The SMARTER Goal System helps students define goals that are specific, measurable, attainable, realistic, time-bound, evaluated, and revisited. Integrating the 5Ws and the How deepens student thinking and connects their goals to purpose and action.

SMARTER Goal Element	5W/How Integration
S – Specific	WHY – Why is this goal important to you?
M – Measurable	WHAT – What exactly will you accomplish?
A – Attainable	HOW – What steps will you take to reach this goal?
R – Realistic	HOW – Do you have the time, resources, and commitment?
T – Time-bound	WHEN – When will you accomplish this goal?
E – Evaluate	Check progress along the way. What’s working? What’s not?
R – Revise	Reflect, revise, and adapt. Should you modify the goal?

Student SMARTER Goal Worksheet

WHY is this goal important to you?

WHAT exactly do you want to accomplish?

WHEN will you achieve this goal?

HOW will you achieve this goal? What are the steps?

What resources/support do you need to be successful?

How will you measure progress?

How will you reflect and revise along the way?
