

Self-Awareness: SMART Goal Setting & Reflection



Use the matching sheet ID when checking answers.

Evaluate each goal statement below and identify the best SMART academic goal.

1. Which of the following is a true SMART goal for improving reading fluency?

Answer: C. 'I will read for 20 minutes every school night and track my chapter progress in my reading log for 4 weeks.'

Option C is Specific (read 20 mins every school night), Measurable (track progress in log), Achievable, Relevant, and Time-bound (4 weeks).

2. When you encounter an obstacle or setback while working toward your goal, what is the best growth-mindset strategy?

Answer: C. Reflect on what didn't work, adjust your action plan, and ask for guidance.

Constructive reflection and modifying strategies when facing challenges reflects true resilience and growth mindset.