

Self-Awareness: SMART Goal Setting & Reflection



Name: _____ Date: _____

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?

- A. 'I will become the fastest reader in the galaxy by tomorrow.'
- B. 'I will read books sometimes when I have free time.'
- C. 'I will read for 20 minutes every school night and track my chapter progress in my reading log for 4 weeks.'
- D. 'I wish reading was easier for me.'

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

- A. Give up immediately and pretend you never made the goal.
- B. Blame your teacher or classmate.
- C. Reflect on what didn't work, adjust your action plan, and ask for guidance.
- D. Hide your work so no one can see.