BORDERLESS FRIENDS FOREVER

SMART GOAL

Create a goal for the following year. Whether involving yourself in an extracurricular, making a difference in your community, or making personal changes- create a relevant plan for you. For each goal, fill in the details according to the SMART criteria. The criteria ensure your goals are clear, focused, and achievable.

S	SPECIFIC	What exactly do you want to achieve? What responsibilities will it require? Why is this goal relevant to you as an exchange student?
M	MEASURABLE	How will you track progress? What will indicate you are making progress? IE: tracking grades each month, seeking accountability from your family, teachers, CA etc. How will you know when the goal is accomplished?
A	ACHIEVABLE	Is the goal realistic? What steps or actions will you take to reach the goal? We want all goals to be ambitious but in the realm of reason.
R	RELEVANT	How does the goal align with your exchange student objectives? Will it contribute to your long-term success as a cultural ambassador? Is now the right time to pursue this goal? How will this goal support you throughout your year forward?
T	TIME-BASED	When will you start working on the goal? When do you hope to achieve this goal? Are there any checkpoints along the way you can use to reference your progress (grades, volunteer hours, host family check-ins)?

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SMART GOAL

GOAL:

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