SMART Goals Worksheet: EXAMPLE

Instructions:Fill in the blanks and answer the questions to create your goal.

Specific: What exactly do you want to achieve? Be clear and specific.

My summer goal is to: *My summer goal is to explore the field of computer science and gain a better understanding of what it entails.*

Measurable: How will you measure your progress and know when you have achieved your goal?

I **will measure my progress by:** *I will measure my progress by completing at least two online coding courses and participating in a computer science-related internship or job shadowing opportunity.*

Achievable: Is your goal realistic and attainable within the timeframe of the summer?

Yes, my goal is realistic and attainable because: *Yes, my goal is realistic and attainable because I have access to online coding courses and can reach out to local companies or organizations for internship or job shadowing opportunities.*

Relevant: Why is this goal important to you? How does it align with your interests and aspirations?

This goal is important to me because: *This goal is important to me because I have always been interested in technology and problem-solving. Exploring computer science will help me determine if it's a field I want to pursue in college and beyond.*

Time-bound: When do you want to achieve your goal by? Set a specific deadline.

I will achieve my goal by: *I will achieve my goal by the end of the summer, before the start of my junior year.*

Now, break down your goal into smaller steps or actions that you can take to make progress towards it. Write down at least three action steps.

Action Step 1: *Enroll in an online coding course, such as Codecademy or Coursera, and complete at least two modules per week.*

Action Step 2: *Research local companies or organizations that offer computer science internships or job shadowing opportunities. Reach out to at least three of them to inquire about potential opportunities.*

Action Step 3: *Network with professionals in the computer science field through online platforms like LinkedIn or attending virtual industry events. Connect with at least two professionals and schedule informational interviews to learn more about their experiences.*

Lastly, think about any potential obstacles or challenges that you might face while working towards your goal. How will you overcome them? Write down your strategies for overcoming obstacles.

Obstacle 1: *Lack of coding experience and knowledge.*
Strategy: *Start with beginner-friendly coding courses and seek help from online forums or coding communities when facing challenges.*

Obstacle 2: *Limited availability of internship or job shadowing opportunities.*
Strategy: *Expand my search to nearby cities or consider remote opportunities. Additionally, reach out to local computer science professors or professionals for potential mentorship or guidance.*

Obstacle 3: *Balancing summer activities and commitments.*
Strategy: *Create a schedule and allocate specific time each week for coding courses, networking, and pursuing internship or job shadowing opportunities. Prioritize and manage time effectively to ensure progress towards my goal.*

Remember, setting a SMART goal is just the first step. It's important to stay committed, track your progress, and make adjustments along the way. Good luck with your summer goal!