

S.M.A.R.T. GOALS

Define your goals

SPECIFIC What exactly do you want to achieve?	MEASURABLE How will you measure your progress? How often will you measure it?	ATTAINABLE How can you achieve this goal? What steps will you take?	RELEVANT Why do you want to achieve this goal?	TIMELY When do you want to achieve this goal by? What are your key milestones?

SCIENCE PEER ACADEMIC COACHES ACTION PLAN

Put your goals into action

YOUR GOAL	
POSSIBLE OBSTACLES	» » » » » »
POSSIBLE SOLUTIONS & RESOURCES	» » » » » »
HOW WILL YOU DO IT?	
WHEN? (DATES)	