

CNCC SMART Goal Planner

Spartan Strong from Day One

Name: _____

Advisor: _____

What is your goal?

Write a clear and specific goal you want to achieve at CNCC.

Example: I want to improve my math grade from a C to a B or higher by the end of the semester.

Your Goal:

Specific

What exactly do you want to accomplish? Why is this goal important to you?

Example: I want to improve my math grade because I need a strong GPA to apply for the nursing program.

Your Response:

Measurable

How will you know when you've achieved it? What metrics or milestones will you track?

Example: I will track my quiz and test scores and aim for at least 80% on each.

Your Response:

☒ Achievable/Action-Oriented

Is this goal realistic given your current resources, time, and support? What steps will you take?

Example: Yes, I can attend tutoring twice a week and complete all homework assignments on time.

Your Response:

Relevant

How does this goal align with your academic, personal, or career aspirations?

Example: This goal supports my plan to enter the nursing program and eventually become a registered nurse.

Your Response:

Time-Oriented

What is your deadline? What can you do today, this week, and this month to move forward?

Example: I will reach this goal by the end of the semester. This week, I'll schedule tutoring and review last week's quiz.

Your Response:

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Action Plan

List 3–5 **SMART** steps you'll take to reach your goal.

Example:

1. Schedule two 30-minute tutoring sessions per week at the Gateway Center starting this Monday and continuing through finals week.
2. Create a weekly study schedule every Sunday evening for the upcoming week using a planner or digital calendar.
3. Attend instructors' office hours at least once every two weeks to ask questions about recent assignments or exams.
4. Use Khan Academy for 30 minutes, three times per week, to review math concepts I struggle with.
5. Join or form a study group by the end of the second week of the semester and meet weekly for one hour.

Your Steps:

- 1.
- 2.
- 3.
- 4.
- 5.

Support & Resources

Who or what can help you succeed?

Examples:

- Gateway Center Tutoring Services
- Academic Advisor

- D2L course resources
- CNCC Library
- Peer study group

Your Resources:

Check-In

When will you review your progress? Who can you share your goal with and inform of your progress?

Example: I will check in with my advisor and review my progress on October 1st in-person and monthly via email.

Contact	Frequency of Updates on Progress	Method of Communication

Reflection & Next Steps

What did you learn from setting this goal? What will you do differently next time?

Your Reflection: