






Smart Start - Coaching

Student:

Semester:

Date:

 Specific	Make goals that are specific not general.
 Measurable	How much, how many? How will you know you did it?
 Attainable	Is it possible based on current information?
 Relevant	Is it reasonable and not too challenging?
 Time-bound	When will you accomplish it by? -End of semester

My Goals:

Steps to achieve my goals:

I need support with:

I will bring the following to each coaching session: