**Examples of goals**

*Specific Measureable Achievable Realistic Time-framed*

Below are some examples of statements students could develop into SMART goals in Academic Counselling:

|  |
| --- |
| **Academic** |
| * To complete Level 1/2/3 with merit/excellence endorsement. * To achieve L1 / UE Literacy / Numeracy. * To reflect on my progress at the end of each week and record in my journal. * To set time frames to prioritise my assessments. * To take reassessments when offered. * To ask questions in class when I do not understand. * To go on a Gateway course and complete it. * To get Merit / Excellence in a particular subject assessment. * To get a scholarship to go to MIT / AUT / The University of Auckland etc. |
| **Self-management goal examples** |
| * To have a 95%+ attendance record. * To be on time to all classes. * To meet or beat deadlines for assessments and learning tasks. * To ensure missed learning is caught up. * To focus in class straight away and do the ‘do now’. * To be equipped with everything I need for class. * To attend catch up classes when offered. * To complete homework every night. * To note down when I achieve my goals. * To set and review goals in my planner weekly. * To identify my weaknesses and work towards improving them. |
| **Personal development- sport / culture / community** |
| * To mentor a year 9 student and visit them in class once a week. * To join a sports team - (Name it). * To be in the school production / band / choir/ Stage Challenge / Cultural group. * To get my learner’s licence. * To get a part time job. * To participate in one whānau activity per term. * To investigate my career path - subject requirements and rank scores required. * To visit the careers advisor for information. * To lead a whānau group activity this term. |

**Student Comments:**

“If it wasn’t for setting goals with our academic mentor I wouldn’t have set goals for myself throughout the year. Like, it actually gives us something to work towards. ‘Cause other than that I’d just be like, okay I’ll try doing this, but having a set goal I know there’s something for me to work towards.”

“I think I probably would have set the goals by myself, but the academic mentor has helped me, so that I know what to do in order to achieve the goals that I’ve set.”

“It clears any doubts about choosing which field you want to go to. Like for me I was unsure at the start of this year, but having those conferences with my academic mentor, it really made it a clear decision for me. So it just takes out any doubts you have in mind.”