

# SMART Targets

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When setting goals, it is important to ensure they are SMART. This allows you to check your progress and see when your goal is met, as well as having something tangible to compare it to. So, rather than setting a vague goal like “I will get a job”, the goals we set should be SMART, which stands for:



**Specific** – be as specific as you can about what you want to achieve



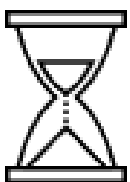
**Measurable** – ensure this is something you can easily measure, quantify and compare



**Achievable** – your goal should be something that you can realistically achieve when considering time-constraints and skills



**Relevant** – your goal should be relevant and unique to you and should inform future career aspirations



**Time-bound** – set a deadline for yourself so that you can review your progress

Here is an example of **SMART Target** for you below:

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**Specific** – “I want to find a graduate job that will develop my problem solving and teamwork skills.”



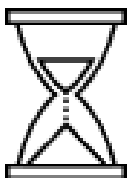
**Measurable** – “I will submit 10 applications by the end of the month.”



**Achievable** – “I will book an appointment with a Careers Advisor to go over my application strategy.”



**Relevant** – “From my labour market research, I know that employers within my sector value these skills.”



**Time-bound** – “I would like to be in my new role within three months.”