SMART Goal Setting

S Make it Specific
What do you want to achieve?

M Make it Measurable
How will you know when you have accomplished your goal?

A Make it Attainable
How can the goal be accomplished?

R Make it Relevant
Is this goal worth working hard to accomplish?

T Make it Timely
By when will the goal be accomplished?
### SMART Goal Setting

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SELF-MOTIVATION AT HOME QUESTIONNAIRE
Am I motivated to do my school work properly?

Circle your answers  Often - 3    Usually - 2    Sometimes -1    Never - 0

1. I work hard at whatever I decide to do.       3  2  1  0
2. I do homework or revision every week night   3  2  1  0
3. I find it difficult to tackle large assignments   3  2  1  0
4. I find it easy to complete my study commitments, no matter how much noise there is around me. 3  2  1  0
5. My parents have to prod me to do my homework. 3  2  1  0
6. I enjoy doing extra work on some subjects.    3  2  1  0
7. When I sit down to study, I find that I’m distracted easily.   3  2  1  0
8. I get assignments done on time.                3  2  1  0
9. I always prepare for exams/tests.             3  2  1  0
10. I’d rather do almost anything than study.     3  2  1  0
11. I tire easily when I have to study at night. 3  2  1  0
12. I find it difficult to concentrate on hard problems when I study at home. 3  2  1  0
13. When I finish my work I give myself a pat on the back. 3  2  1  0
14. My teachers are satisfied with the amount of homework I do. 3  2  1  0

Scoring
1. Add up your total for items 1, 2, 4, 6, 8, 9, 13, 14.  A __________
2. Add up your total for items 3, 5, 7, 10, 11, 12.     B __________
3. Now get your final score by subtracting B from A      A-B __________

If you scored 12 to 18 your self motivation is high.
If you scored 3 to 12 you are reasonably motivated.
If you scored 2 to 10 you need to become more motivated.
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