

4 and 4 S.M.A.R.T. Goals Assignment Rubric

Student Name and SUID: _____

Date of Review: _____

Initials of Reviewer: _____

Requirements: Develop a reflection paper identifying four (4) personal and four (4) academic S.M.A.R.T. goals that you would like to accomplish while at Syracuse University. Create an action plan for how you will accomplish each goal. Each action plan should be no less than eighty (80) words. Then write at least eighty (80) words summarizing how working towards your goals will lead you to making better choices in the future. Throughout this reflection please set milestones for beginning, middle and end points. Make sure that each action plan states:

1. The **Specific** goal that you would like to accomplish.
2. How will you **Measure** that you are working towards and completed the goal.
3. How will you **Achieve** the goal within the parameters of your action plan. What steps are you going to take and outline the resources that you can utilize to achieve your goal.
4. How is the goal **Relevant** to your values, current life plan, or your long-term goals
5. Be realistic with your **Time**, set realistic due dates including a timeline for completion.

To learn more about creating S.M.A.R.T. Goals visit <https://www.indeed.com/career-advice/career-development/how-to-write-smart-goals>.

Your completed paper should be between **2-3 pages, double-spaced, with 1-inch margins in 12-point font.**

Sanction Rubric:	Exceeds Expectations 3	Meets Requirements 2	Needs Improvement 1	Does Not Meet Requirements 0	Score
Specific	Their action plan breaks down what specific elements of the goal matches with a component of the area of improvement.	Identified and discussed how the goals will improve upon a specific area.	Identified their goals but did not discuss how the goals will improve upon a specific area.	Did not identified four (4) personal and four (4) academic S.M.A.R.T. goals.	
Measure	In addition to the meeting of the requirements, they showed how they will work towards each check point.	Identified and discussed how they will measure that have completed their goals and included at least two (2) checkpoints to measure their progress.	Identify how they will accomplish their goals. Did not discuss the how they will measure their progress of accomplishing the goal.	Did not show how they will measure the goals.	
Achieve	Identified and discussed more than two (2) resources they will utilize to achieve their goals.	Identified and discussed two (2) resources they will utilize to achieve their goals.	Identified and discussed less than two (2) resources they will utilize to achieve their goals.	Did not discuss any resources that they would utilize	
Relevant	Discussed how each goal is relevant to themselves and their community.	Discussed how each goal is relevant to themselves or to their community.	The relevancy of their goals was not clearly explained.	Did not discuss the relevancy of each goal.	
Time	Discussed a timeline of their progress to each checkpoint and end point.	Discussed a timeline they would accomplish each goal utilizing the checkpoints as measuring points.	The timeline only sets a timeframe for the beginning and end of each goal.	Did not set a timeline.	
Total Score:					/10

** Students must receive a "2" or higher in each category to be accepted, for any assigned sanction. Scores lower will be returned to the student for revision and resubmission. **