

Goal Setting

SMART Goals



FUTURE ALLIES

Developing tomorrow's NDIS Allied Health professionals

Goal Setting

Why set goals?

Setting goals is a great way to give you specific direction, focus and motivation for your placement.

Goals will enable you to make the most of every learning opportunity.

Tracking your goals across your program of study will demonstrate your professional development.



Goal Setting

Writing an effective goal

- An effective goal will use clear, specific language.
- Start your goal statement with TO and a VERB or I Will and a VERB.
- Avoid using negative language. Think positive!
- Write your goal using SMART goal criteria.



Goal Setting

Goals should be SMART

- Specific** The goal should identify a specific action or event that will take place.
- Measurable** The goal and its benefits should be quantifiable.
- Attainable** The goal should be attainable given available resources.
- Relevant** The goal should require you to stretch some, but allow the likelihood of success.
- Timely** The goal should require you to stretch some, but allow the likelihood of success.



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Goal Setting

You may want to view the following video:

Explaining how to set SMART goals

<https://youtu.be/d6o5PyJM3bY>



Goal Setting

Specific

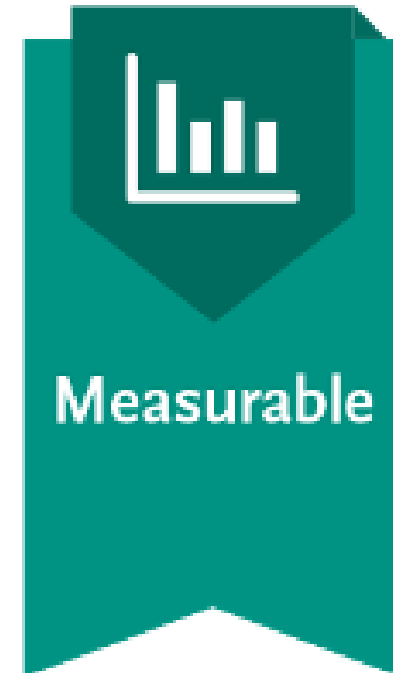
- The goal should identify a specific action or event that will take place.
- Start with: To (verb) or I will (verb).....
- Use the 5 “Ws” to refine.. Who, What, When, Where, Why



Goal Setting

Measurable

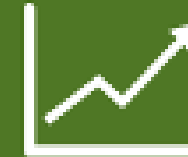
- The goal should be quantifiable.
- There should be a tangible benefit to you.

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Goal Setting

Attainable

- You should be able to achieve/complete the goal if all the resources are available.



Attainable



Goal Setting

Relevant

- The goal should require you to extend yourself but not be impossible.
- There should be a high likelihood of success

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Relevant

Goal Setting

Time Based

- The goal should have a time period for completion
- There should be a defined finish point



Goal Setting

Goals for placement.

- Your University may have specific goals for each placement but it is good practice to develop several goals for yourself.
- Share your goals with your placement educator and your NDIS provider. Their knowledge and experience will help you be successful at your goals..
- Don't be afraid to review and revise your goal/s while on placement.
- If you successfully attain your goal early in the placement set another goal to drive your learning further.



Goal Setting

References

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