**Peer Mentoring Study Skills event December 2019**

Setting SMART goals can help you be more efficient in how you spend your time.

**Specific**

**Measurable**

**Achievable**

**Relevant**

**Timely**

**Example:**

**S-**

**M-**

**A-**

**R-**

**T-**

**Know exactly what you are wanting to accomplish**

**How will you know you met your goal?**

**Make sure your goal is not too far to reach but far enough to be challenging**

**Link the goal to something important to you; something that inspires you**

**When do you want your goal to be met?**

**I want to read some articles for module 1**

**I will make notes on the articles I read**

**I will read 4 articles**

**I will read articles that I find interesting for module 1  
I want to read them by the end of tomorrow**