

## Your SMART guide to Leaving Cert study

<b>S</b>	Specific Simple
<b>M</b>	Measurable Manageable Meaningful
<b>A</b>	Attainable Appropriate Agreed Adjustable Action-focused
<b>R</b>	Relevant Realistic Results-based
<b>T</b>	Tangible Time-specific Timely

### **Specific**

What: What do I want to accomplish?

Why: Specific reasons, purpose or benefits of accomplishing the goal.

Who: Who is involved?

Where: Identify a location.

Which: Identify requirements and constraints.

### **Measurable**

How much? How many?

How will I know when I have achieved my target?

### **Attainable**

How: How can I achieve this goal?

### **Relevant**

How is this related to the study you need to do?

Is this the right time to be doing this task?

### **Timely**

When am I going to do this?

What is my six week plan, 4 week plan, 2 week plan, one week plan?

What can I do today?