

Tool Description

SMART is an acronym which stands for five criteria to guide in the setting of objectives. It is used as a management tool and is presented here as an easy, ready to fill working sheet that can be helpful in the process of clarifying ideas and focusing efforts. There are many different resources that describe what each letter stands for so you might find some variations. But ideally speaking, each goal or objective should be:

- **Specific:** described in a concrete way
- **Measurable:** provided with indicators to track daily progress
- **Achievable:** broken down in a list of specific steps
- **Relevant:** thought why it is useful for the person and their future
- **Time-based:** presented within a well-defined timeframe

What is the challenge the tool can solve?

DYS students, while having planning problems, also struggle when it comes to put things in an appropriate perspective. Following up on tasks and activities might be overwhelming for them and this has a significant impact on their daily life. Facing a complex challenge will often cause a lot of anxiety and demotivation.

Therefore, many resources dedicated to help students with learning disorders underline the importance of breaking the activities and tasks into smaller, manageable activities.

What are the benefits for Dys persons?

In the Mooc Dys project we reached out to some effective tools from the management world. Using the SMART goals approach can help clarify the vision and see the long-term perspective. When the child is being actively involved in making decisions about their education from a young age, they learn ways to set appropriate goals that are tangible and realistic which is a big asset in the adult life.

Additionally, breaking a big vision in small steps and making milestones which you can later celebrate together gives positive encouragement which is very valuable in the learning process of every child.

Example of use in daily life

Here is an example of how you can use the tool:

GOAL CHART

THE GOAL IS TO:
read more books
.....

THIS IS HOW I WILL DO IT:

SPECIFIC

I would like to read 3 books on different topics

MEASURABLE

- I'll read at least 5 pages per day*
- I'll keep track of my reading activity with the habit sheet*

ACHIEVABLE

- I'll find books on topics that are interesting for me*
- I will do a reading activity before going to sleep*
- Every Saturday I will look back on my progress*

RELEVANT

- I really want to reach my full potential as a student*
- Reading will expand my vocabulary*
- I will learn more about diverse topics*

TIME-BASED

I want to achieve my goal before the end of this school year



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You can print and use the following sheet

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GOAL CHART

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.....

THIS IS HOW I WILL DO IT:

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