

Your SMART guide to Leaving Cert study

S	Specific Simple
M	Measurable Manageable Meaningful
A	Attainable Appropriate Agreed Adjustable Action-focused
R	Relevant Realistic Results-based
T	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?