Attachment 8: Smart Learning Aims (General Instruments)

Another schedule, which develops from and enhances the first exercise, learning goals and motivations, makes people to reflect about the effective achievement of goals. The trainer invites participants to ask themselves question and to write down their aims. They have to be SMART (SPECIFIC: Are your aims specific enough to know when they have been achieved? MEASURABLE: Can you measure your success in achieving your aims? ACHIEVABLE: Is it possible to achieve your aims in the time that you have? REAL: Are your aims based on abilities that you need for your life? TIMED: Do you have a time-scale for achieving your aims?).

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| **SMART LEARNING AIMS** | | | | | |
| Name and surname | | | | Date | |
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| **What**  *I want to be able to …* | When do you hope to achieve them? Do you have a time-schedule? | How could you measure the success? | Do you have the abilities to achieve them? | | How do you need these abilities in general for your life? |
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