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| **S**pecific | **Write down a specific challenging goal for this English course** |
| **M**easurable | **Write down how you will track your progress**. |
| **A**chievable | **Write down specific actions that will allow accomplishing this goal.**  Make sure the goal is obtainable through these actions. |
| **R**ealistic and Relevant | **Write down concrete actions that will help you to carry out the plan:**  Where will you do it? (at school, at home, at the library)  When will you do it? (write what specific days and times they will do it: after school, during weekends, on Tuesdays, on vacations)  What concrete materials will you use? (English textbooks, English notebooks, online material, English songs, movies, poems, dictionaries, etc.)  What strategies will you use? (Making connections, diagrams, making inferences, paying attention, making vocabulary webs, monitoring, evaluating, etc.) |
| **T**ime-bound | **Write down when you expect to fulfil this goal**  It has to be a specific date |

**Handout: Session 1**

Activity: Write your SMART Goals for this English course