**Handout: Session 13**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Activity: Revision and evaluation of your SMART Goals.

Have a look at the SMART Goals you set at the beginning of the course and answer the following questions:

1. Go to letters A (for achievable) and R (for Realistic and Relevant) and read the specific and concrete actions that would allow accomplishing your goals. Have you been doing all these activities? Which activities have you done? Which activities have you not done? Explain why.

2. Read your specific goal. Did you achieve it?

If the answer is no, write down how much more time you need to achieve it. Does this date coincide with the specific date that you wrote in letter T (for Time-bound)?

If the answer is yes, you can now search for a new specific goal. Write down another SMART Goal.

3. Have you done any extra activities for achieving your goal? (Apart from the ones you decided to do at the beginning of this course)

If yes, write them down

4. In general, are you satisfied with what you have done so far to complete your goals? Do you think you have put enough effort to achieve what you want? If you are not satisfied, what other things you believe that you should do to achieve your goals?

|  |  |
| --- | --- |
| **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 |