

Individual Development Plan SMART Goal Setting Template

Goal	Specific	Measurable	Attainable	Relevant	Time-bound
e.g. I want to gain critical thinking skills	Engage in undergraduate research	Presenting or publishing research at a conference or in an undergraduate journal	To present, programs to present happen in spring semester. Publishing takes several semesters in research.	Critical analysis and thinking skills are needed in many graduate programs I am looking to apply to by my senior year.	(1) Get started in research next semester (fall) to be able to present in the spring (2) Conduct research for 1-2 years to get closer to publishing
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