



Lesson One Pretest: S.M.A.R.T. Goals

- 1) S.M.A.R.T. goal stands for
S _____
M _____
A _____
R _____
T _____
- 2) What is a goal that can be achieved in the near future?
 - a) Short Term Goals
 - b) Attainable Goals
 - c) Measurable Goals
 - d) Specific Goals
- 3) What is a goal that can be achieved further in the future and requires advanced time and planning (months or years)?
 - a) Measurable Goals
 - b) Time-Bound Goals
 - c) Long Term Goals
 - d) Relevant Goals
- 4) Why is it important to set goals?
 - a) To measure how long it may take you to do something.
 - b) To help you make a plan for your life
 - c) To make you motivated
 - d) To get in the way of achieving your goal
- 5) Something that gets in the way of you accomplishing your goals is a/an
 - a) Modification
 - b) Motivation
 - c) Obstacle
 - d) Event



Lesson One Pretest: S.M.A.R.T. Goals [ANSWER KEY]

- 1) **S**- Specific
M- Measurable
A- Achievable
R- Realistic
T- Time Bound
- 2) A - Short Term Goals
- 3) C - Long Term Goals
- 4) B - To help you make a plan for your life
- 5) C - Obstacle