AVID SMART Goals

SMART GOALS:
- Specific
- Measurable
- Attainable
- Relevant
- Time-bound

Examples:
- Improve grades in math
- Reduce study time
- Increase participation in class discussions

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Examples:
- Increase reading comprehension
- Improve public speaking skills
- Develop a healthy lifestyle

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Examples:
- Increase knowledge in science
- Improve time management
- Achieve a personal milestone