SMART Goals Assignment and Rubric

Learning Objectives:

1. Identify professional behaviors required for registered nursing practice.

Background:

SMART goals are specific, measurable, achievable, realistic, and time-based (Rischer, 2022). Setting SMART goals can assist students in meeting both personal and career goals (Rischer, 2022). This project will allow students to make SMART goals for each of their courses. Throughout this assignment, the student will learn how to create short-term goals that are achievable. This will help them in their future career as they help clients set health goals and nurses themselves set career goals.

Additional Guidelines:

- Plagiarism will result in a zero on the assignment.
- Please review and follow the directions within each graded area.
- No late work is accepted.

References

Rischer, K. (2022). *Think like a nurse: Building the knowledge base for professional practice* (1st ed., Vol. II). Minnesota: KeithRN

Assignment Instructions:

Each student will independently complete a poster that contains their SMART goals. Students will create 2 SMART goals for each of their 4 courses (Foundations, Health Assessment, Pathophysiology, and Introduction to Professional Practice). Goals are required to contain the following components: specific, measureable, achievable, realistic, and time-based. Examples of SMART goals are listed below. There are no size requirements for the poster, however, they should be creative and aesthetically pleasing. If a student is not taking all first semester courses, the goals will be divided between the courses they are taking.

Example:

1. I will score at least a 88% on all of my exams in Health Assessment during my first semester.
2. I will score at least a 92% on the first exam in every course during my first semester.

Rubric for SMART Goals Poster

Student Name: _Madalyn Goble——————————_____   **Total Points:230/2460**

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 1	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	10
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 2	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is	5 Be more specific, will you be studying 30 minutes daily for the whole semester or the week before each exam?

		measurable	achievable	
	based	• Goal is achievable • Goal is realistic • Goal is time-based	• Goal is realistic • Goal is time-based	
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 3	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	5 Be more specific every day for a week or the semester?
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points

SMART Goal 4	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	10
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 5	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	10
Content	Information is off-	Repeats but does not	Factually correct,	10

| Contribution | topic, incorrect, and irrelevant. | add substantive information. | reflective, and substantive contribution. | |
| Clarity and mechanics | Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors. | Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors. | The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors. | 10 |

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 6	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	10
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 7	Missing three or more	The description is	The description is	10

	of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	
Content Contribution	Information is off-topic, incorrect, and irrelevant.	Repeats but does not add substantive information.	Factually correct, reflective, and substantive contribution.	10
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Criteria	Unacceptable 0 points	Acceptable 5 points	Excellent 10 points	Points
SMART Goal 8	Missing three or more of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is adequate with superficial thought and preparation; does not address all aspects of the task. Missing two of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	The description is well-developed and develops all aspects of the task. Includes all of the following aspects: • Goal is specific • Goal is measurable • Goal is achievable • Goal is realistic • Goal is time-based	10
Content Contribution	Information is off-topic, incorrect, and	Repeats but does not add substantive	Factually correct, reflective, and	10

	irrelevant.	information.	substantive contribution.	
Clarity and mechanics	Communicates in a manner with 5 or more errors in clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1-2 clarity, spelling, grammatical, or mechanics errors.	The contribution is clear, concise, with an easy-to-read format. No grammatical or spelling errors.	10

Comments: You did a really great job with this assignment! Your poster is very pretty and a great visual for your goals this semester! I know you can achieve each one!