



Name Surname

Professor's Name

Course

Date

S.M.A.R.T. Goal: Improve Mental Health

Goal: I will set aside an hour each night for self-care in order to sustain and boost my mental health throughout the academic year. I will also be more open with my faculty members when I require assistance and make at least two calls home per month to ensure that I am in the best mental health possible to achieve my educational goals.

Specific: Utilizing supportive relationships and taking care of oneself should improve overall mental well-being and aid in keeping a balance.

Measurable: This objective may be followed every day and will be maintained until the completion of the academic year.

Attainable: You can make time to contact your family or take care of yourself. Instructors may be accommodating, and seeking advice in an email can gain you a deadline extension or support with a project.

Relevant: To succeed in your personal and professional life, it is essential to remain in a positive frame of mind. A strong support network may help you get through difficult times. It is critical to look after your needs.

Time-Bound: The entire academic year will be dedicated to achieving this objective.