



SETTING SMART GOALS

This strategy is suggested in the 11-14 BrainWaves lesson:

Making change happen

About setting SMART goals

SMART goals were introduced as a concept by George T. Doran, a management consultant, in his 1981 paper '*There's a SMART Way to Write Management's Goals and Objectives*'.

The acronym presents criterion that improves the chances of accomplishing a goal: namely, ensuring the goal is Specific, Measurable, Achievable, Relevant and Time-bound).

Widely used in business contexts, setting SMART goals is also regarded as an effective strategy for improving the motivation, academic performance, mental wellbeing, and self-regulation in teenagers.

The scientific evidence behind setting SMART goals

Recent studies have provided evidence supporting the effectiveness of goal-setting strategies, including SMART goals, in enhancing various aspects of teenagers' lives:

- Jacob, J., et al. (2022) *Goal setting with young people for anxiety and depression: What works for whom in therapeutic relationships? A literature review and insight analysis*. BMC Psychol 10, 171.

In their article regarding how to enhance concentration, Schmid et al emphasise the importance of clear and structured goals, suggesting that setting specific objectives can help individuals, including adolescents, manage tasks more effectively, thereby reducing feelings of being overwhelmed and decreasing stress and anxiety.

- Schmid, A., et al. (2001). *Training Strategies for Concentration*. Association for Applied Psychophysiology and Biofeedback, 29 (1), 1-4.

Further reading

This article describes how teenage goal-setting can help young people increase their self-confidence, develop their work ethic and build perseverance.

<https://www.bgca.org/news-stories/2022/January/the-importance-of-goal-setting-for-teens/>