

Download Measurable Guidance Counseling Goals

Using SMART Goals in Counseling . SMART typically stands for Specific, Measurable, Attainable, Relevant, and Time-Based. Chances are by now you have had to create SMART goals for yourself in work or in graduate school and maybe you have used them in your counseling sessions with students. I'm going to challenge you to take it a couple steps ...I was asked to give a presentation to other counselors in my district on SMART goals and thought I'd share some of the slides here in case it proves helpful to some of you as you create your program's goals for the year, or even smaller goals for classroom units or small groups. I needed something short, sweet, and to the point. Counseling goals, also called "therapeutic objectives," form the basis for the work a counselor or therapist and her client will do together. Using the SMART technique, counselors can help a client identify which goals are important and support the client's work toward achieving them. ... How to Write Measurable Goals in Counseling. 11 Feb ...Part of our Counselor's Corner series. Click to read other posts in the Counselor's Corner. Many school counselors are charged with creating SMART goals each school year. This can be a challenging task, especially if you have never written a SMART goal. Below is the process for creating a SMART goal and some examples of...