

Name: _____

8th-grade Symphonic Band SMART goal-setting instructions

The first few practice journal prompts ask you to respond using the SMART goal format. To help you learn how to use SMART goals, follow these guidelines.

First, and most importantly, your journal prompt must begin with:

By Sunday, August 21, I will be able to

Even though we won't talk about "T" (time-bound) for a while, always start your journal entry with those exact words (just change the date for each Sunday).

S - SPECIFIC Be specific about your goal. In our band class you **must** set a goal that involves **no more than 8 measures** of music. Be sure to indicate the title of the music and your goal tempo (if tempo is a relevant factor). For example:

My goal is to transition smoothly from Bb to C in measure 8 of We Will Rock You at tempo MM=100.

M - MEASURABLE Indicate how you will measure your progress in achieving your goal. For example, this may include using a tuner or metronome. For example:

My goal is to play the D in measure 12 of the Hey Song in tune (within 3 cents) by using my 3rd-valve kick-out slide. I will measure my progress by using a tuner.

A - ACHIEVABLE Be sure you can achieve your goal within 1 week's practice time. Usually a SMART goal will be specific enough that you will only need a small part of your practice time to achieve it. For example (this is a percussion goal):

My goal is to play the soprano and alto line in chorale 1 at the same time at tempo MM=72.

R - RELEVANT Your SMART goal must relate directly to the music (including warm-ups) **we** are playing in class.

My goal is to play measures 1-4 of EE#26 on snare drum at MM=82, with accurate sticking.

T - TIME-BOUND Your SMART goal must have a deadline. For our class, your deadline must be on or before the Sunday of the current journal week.

Always begin your goal with the following underlined words (change the date as needed, of course):

By Sunday, August 21, I will be able to accurately count out loud the rhythms in bars 1-8 of We Will Rock You at MM=100. I will measure my progress by comparing my verbal counting to the written counting in these measures.

Using SMART goals **is just one method** of setting a goal for yourself. There are many other goals in life that are important, such as "I want to be a better human being." That is certainly a worthy goal, just not a SMART goal. So, keep in mind that setting a SMART goal for yourself is not the only path toward improvement, but it is one important strategy that we will use throughout our band course together.