Assignment: SMART Goals
Goals are more than a list, and setting goals is an intentional process. But how do you move from an abstract concept to something more concrete? Consider the concept of SMART goals. SMART is an acronym for specific, measurable, achievable, relevant, and time-bound.

SMART goals guide you toward mastery of the practice behaviors within your learning agreement. As you develop your SMART goals, think of specific tasks, activities, or trainings that can demonstrate that you have “achieved” each behavior. Then, ask yourself if the goals you have articulated are specific, measurable, achievable, relevant, and achievable within a realistic timeframe.

In this Discussion, you build your skills developing SMART goals by focusing on key social work core competencies and aligning them with your internship tasks.

To Prepare
Review the expected behaviors on the Learning Agreement for the two core competencies listed below:
Social Work Core Competency 4: Engaging practice informed research and research informed practice
Social Work Core Competency 5: Engaging policy practice
View the Learning Resources on how to develop your Learning Agreement.
Review the Learning Resources on developing SMART Goals.
By Day 7
Develop two SMART goals (one for Social Work Core Competency 4 and one for Social Work Core Competency 5) that will help you demonstrate the expected behaviors for those competencies.
Explain how the tasks of a social work intern align with social work core competencies and your SMART goals.

Required Readings
Garthwait, C. L. (2017). The social work practicum: A guide and workbook for students (7th ed.). Pearson.

Chapter 2, “Implementing a Learning Plan” (pp. 12–27)
Walden University Field Experience. (2020). School of Social Work: Learning agreements. https://academicguides.waldenu.edu/c.php?g=81877&p=3937468

Note: Scroll down the webpage, and download the Foundation Learning Agreement.

Walden University Field Experience. (2020a). School of Social Work: Faculty liaison resources. https://academicguides.waldenu.edu/c.php?g=81877&p=4649839

Note: Download the Supervision Agenda, found under tab Helpful Resources for Students. Use this for guidance during your supervision experience.