

# Help Your Students Practice “SMART”

A Teacher Quick-Guide Based on [THIS](#) Blog Post

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*Use this quick-reference sheet to turn vague practice instructions into purposeful and clearly actionable goals that support student growth and motivation.*

## What is a SMART practice goal?

SMART practice goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound goals that relate to the musical repertoire of the student.

## How do I make a practice goal SMART?

To help ensure my student’s goals are **SMART** I like to use the following questions as a formula to assist in setting their goals.

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Specific	What exact section, measure, or skill should the student focus on?
Measurable	What observable, countable, or otherwise measurable outcome shows the student made progress?
Achievable	Is the goal within the student’s current ability and within the current scope of their existing practice habits?
Relevant	How does this goal tie into their broader musical/instrumental learning?
Time-bound	When should this goal be completed?

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## Quick SMART Goal Template

If you’re having difficulty setting goals that align with the SMART formula, try using this (fill-in-the-blank) style template at first. While not perfect to all situations, it can help assist you in becoming familiar with the format, and level of detail a **SMART** goal outlines.

**“Practice** (section/skill) **at** (tempo/rhythm pattern) **for a total of** (number of reps/minutes) **by** (date of next lesson).”