



FutureFrame

# TABLING EVENT HIGHLIGHT

MAR 13, 2026

## GOAL SETTING SERIES

SMART Spinning Wheel is an interactive activity where students respond to prompts based on the SMART framework, encouraging them to think critically about how they set and approach their goals.

Through this experience, students develop a more structured and intentional way of goal-setting, helping them create realistic, actionable plans that support their long-term career direction.



SPINNING THE WHEEL MADE GOAL-SETTING MORE FUN AND LESS INTIMIDATING.

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PARTICIPATION

1.The “S” in SMART goals stands for

- A) Safe
  - B) Sensible
  - C) Specific
  - D) Stupid
- (Correct: C)

2. True or False - A specific goal is clear about what you want to accomplish and why  
TRUE

3.The “M” in SMART goals stands for

- A) Massive
  - B) Meaningful
  - C) Measurable
  - D) Mysterious
- (Correct: C)

4.True or False - A measurable goal helps us know how to “measure up” for success  
FALSE  
Right answer: when we have reached the goal

5. True or False - An attainable goal is challenging but not impossible  
TRUE

