

SMART Goals for Executive Functioning



A framework to help make academic goals more specific and actionable.

WORKSHEET: [From The Dorm's "A Stronger Return to College & Campus Life: A Guide"](#)

Executive functioning is a set of essential daily mental skills that allow you to plan, organize, and execute tasks, focus attention, and manage emotions. Often, those who struggle with executive dysfunction may also have ADHD, autism, depression, anxiety, or trauma – but anyone can use these skills to increase their productivity.

One of the ways to increase productivity is by **turning abstract goals into concrete plans** by breaking them down into actionable steps, each with its own deadline. This makes getting big tasks (like midterm papers or applying for accommodations) easier to accomplish. **Use SMART goals** to give your objectives specific, measurable, achievable, relevant, and time-bound frameworks.

S

SPECIFIC

What exactly do you want to achieve?

M

MEASURABLE

How will you track your advancement?

A

ATTAINABLE

Evaluate the feasibility of your goal.

R

RELEVANT

How does it fit into your broader objectives?

T

TIME BOUND

What is the deadline?

These resources are offered by The Dorm, a mission-driven mental health treatment program helping young adults build lives of purpose and independence.

HELLO@THEDORM.COM | THEDORM.COM | 877-909-3676