

Questions to Ask During Goal-Setting

Specific: The goal is specific in naming the skill or subject area and the targeted result. Details matter!

- *Take me through the details on what my child will need to accomplish to meet this goal.*

Measurable: The goal is stated in a way that your child's progress can be measured. That can be done using standardized tests, curriculum-based measurements or screening.

- *How are you planning on measuring his/her progress?*
- *How will you track changes over time?*

Attainable: The goal represents progress that is realistic for your child.

- *Is the goal too large? If so, what are the smaller goals that need to be accomplished first?*

Results-Oriented: The goal clearly lays out what your child will do to accomplish it.

- *How will we know/ be able to tell that my child has accomplished this goal?*

Time-Bound: The goal includes a time frame in which your child will achieve it, with the right supports and services. It also states when and how often progress will be measured.

- *What is your timeline for seeing progress?*
- *What is your plan for shifting course if the goal is not being met?*