

QUESTIONS FOR PERSONAL REFLECTION & GROUP DISCUSSION

1. Think of a child in your program that could use some extra support.
 - a. As a team, develop two long-term goals for the child that are Specific, Measurable, Attainable, Relevant, and Time-based (SMART)
 - b. Use the staircase model that Shanda suggested to come up with two or three short-term goals or “steps” that will help the child reach each long term goal.
2. Review your short-term goals, and as a team, discuss how you might be able to make them more Specific, Measurable, Attainable, Relevant, and Time-based (SMART).
3. Reflect on and/or discuss what might happen if your goals are not Specific, Measurable, Attainable, Relevant, and Time-based (SMART).
4. Brainstorm with your team to develop a list of strategies you can use to support the child in meeting the short-term goals.
5. Do you need help identifying strategies? Remember that the CMAS consultant is available to help develop or review your goals and strategies!
6. Are there any other children in your program that would benefit from some extra support in a particular area of development? With your team, discuss how you might be able to use what you have learned about setting SMART goals to help that child.

