

# Good Goals and SMART Objective Exercises: Answers



# Good Goals Exercise - Improved Goals

## Good Goals Exercises

Read the following goals.

Determine why they are not good goals.

Rewrite them to be better.

**Goal 1:** Increase the number of LHDs that do not have HIV/AIDS, STI, and unintended pregnancy policies that do not comply with current medical and scientific standards.

- Contains jargon, not easily understood

Improved:

- Increase the number of Local Health Departments that have HIV/AIDS, STI, and unintended pregnancy policies that comply with current medical and scientific standards.

**Goal 2:** Decrease by 50% the number of Local Health Departments that can't provide HIV, STI, and unintended pregnancy curricula training to local school district staff.

- Not positive, not a framework to guide objectives

Improved:

- Increase the capacity of Local Health Departments to provide HIV, STI, and unintended pregnancy prevention training to local school district staff.

## SMART Objectives Exercise - Matching

Match the term on the left with the question on the right

Specific

How much change is expected?

Measurable

Does the objective propose a timeline when the objective will be met?

Achievable

Realistic

Can the objective be realistically accomplished?

Time-phased

Does the objective address the scope of the health program?

Who is doing what to whom?

Specific

Measurable

Achievable

Realistic

Time-phased

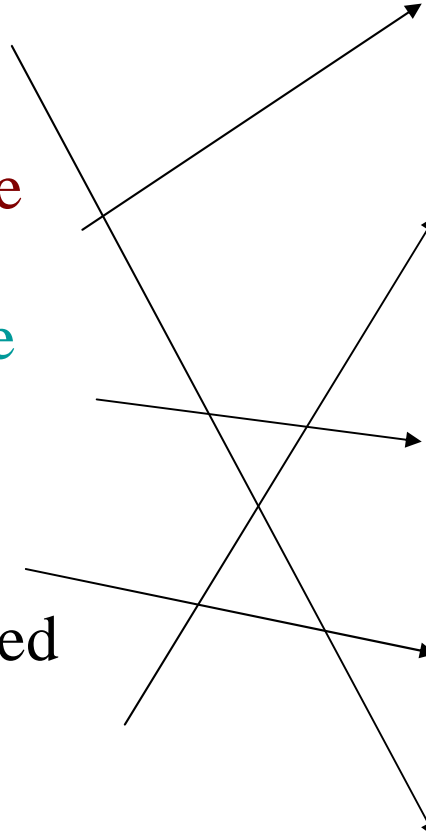
How much change is expected?

Does the objective propose a timeline when the objective will be met?

Can the objective be realistically accomplished?

Does the objective address the scope of the health program?

Who is doing what to whom?



# SMART Objective Exercises

Read the below objectives and then rewrite them SMART-er.

Are they: S? M? A? R? T?

## SMART Objective Exercise 1

- Program staff will distribute materials on HIV, STD, and unintended pregnancy prevention.

Improved:

- By November 15th, 2008, program staff will have distributed the updated HIV, STD, and unintended pregnancy prevention curricula to all local health department directors in their area.

## SMART Objective Exercise 2

- By the end of the fiscal year, program staff will have updated the program's website.

Improved:

- By the end of the fiscal year, program staff will have updated the program's website with new and revised materials

## SMART Objective Exercise 3

- By the end of 2008, necessary trainings to local health departments will have been completed.

Improved:

- By the end of 2008, program staff will have provided 6 trainings to local health department staff on the new "Avoid HIV, STD, and unintended pregnancy" curricula for use in middle schools.