2025 UROP Spring SMART Goals

In the UROP Spring 2025 SMART Goals, students will reflect on their Fall SMART Goals and develop Spring SMART Goals with their research mentor. The deadline to submit the SMART Goals is **January 17th**. You can submit the SMART Goals as early as possible.

Ideally, the SMART Goals have been discussed prior to completing this form and consider the following program requirements:

Poster Deadlines	
2/20	**Apply to the Symposium, including the abstract**
2/2	Poster section 1 – typically, background information, introduction
2/9	Poster section 2 – typically, the description of methodology, data collection, data analysis, how you approach data
2/16	Poster section 3 – typically, results/conclusions
2/23	First poster draft

**Please note: The content for each poster section is a suggestion; we understand that not all projects will have all the pieces and that some fields have different section types. Please work closely with your research mentor in developing your poster.

Approval Deadlines	Poster Approval Steps
3/1	**Final draft of poster submitted to UROP Leaders** for review; Research Mentors should confirm content of/approve poster before students submit them to their UROP Leaders
3/3	Revisions from UROP Leaders back to UROP Students; students make any final necessary changes.
3/5	UROP Students upload final versions of posters for UROP Research Mentor Approval through SMApply (linked to their URS application).
3/7	UROP Research Mentor approval due for posters to be printed through the CRE

Please read the directions below about the Fall Smart Goals reflection and setting Spring Smart goals:

Step 1: The Fall SMART Goals reflection and Spring SMART Goals should be completed by the student with the help and guidance of the research mentor. We recommend meeting together to discuss and finalize the SMART Goals prior to submitting them through DocuSign because ==it will not be possible to make changes to the SMART Goals once the student signs them==.

Note: *Keep in mind that the student and mentor were emailed a copy of the compact and SMART Goals after completion. There was a PDF copy attached to the final email. The student also uploaded the SMART Goals to their UROP assignment on Canvas last semester which they should be able to access as well.*

Step 2: The research mentor signs the approved SMART Goals and clicks "Finish."

Step 3: The student will submit their copy of the SMART Goals to their UROP Leaders through the Canvas assignment within 3 days of completing the process but no later than February 5th.

Fall 2024 SMART Goals Reflection

Please see **the note** above to access your Fall 2024 SMART goals! For each of the SMART goals, please reflect on the progress of your SMART Goals from the Fall semester by addressing the following questions: Did you complete it? Are you still working on it?
What challenges or obstacles did you face with this goal?

Fall SMART Goal 1:

Fall SMART Goal 1 Reflection

Fall SMART Goal 2:

Fall SMART Goal 2 Reflection

Fall SMART Goal 3:

Fall SMART Goal 3 Reflection

Spring 2025 SMART Goals

(to be completed by UROP student in consultation with research mentor)

By creating SMART goals for your UROP experience, you are intentionally thinking about specific skills or other areas that you would like to develop in order to successfully complete your UROP project and engage in other research opportunities beyond UROP. You will develop **two of your own SMART Goals** and the **third SMART Goal is focused on the plan for your poster.**

We recommend you develop your SMART Goals with **your research mentor**, as they will need to **sign your SMART Goals.** You can create goals that are directly related to your UROP Research Assistantship or more broadly related to your development as an undergraduate researcher.

S	M	A	R	T
Specific	**Measurable**	**Attainable**	**Relevant**	**Timely**
What do you specifically hope to accomplish? Use action verbs.	How will you measure your progress? Use definitive numbers and values.	Is this objective realistic and attainable given the available time and resources? Make it challenging but has the likelihood to succeed as well.	Is this objective realistic and attainable given the available time and resources? Make it challenging but has the likelihood to succeed as well.	What is your timeline for meeting this objective? Use specific time markers.

Complete the table below:
SMART Goal 1:

S	
M	
A	
R	
T	

Now, write a one- or two- sentence goal with SMART aspects you listed!

SMART Goal 2:

S	
M	
A	
R	
T	

Now, write a one- or two- sentence goal with SMART aspects you listed!

SMART Goal 3: Poster plan goal!

Before completing the table below:

Keep in mind that the poster should be finalized and **approved by your research mentor** before it is submitted to the official poster approval process.

Will you be creating/presenting the poster by yourself (with guidance from your research mentor) or with other group members?

Think about what you will include for each section and review the deadlines indicated above!

S.M.A.R.T. Goal 3:

S	
M	
A	
R	
T	

Now, write a one- or two- sentence goal with SMART aspects you listed!

Student Name and Signature:

Once you complete and sign the SMART Goals and click "Finish," the SMART Goals will be sent to your research mentor to review and sign.
You will be able to download a copy of this form once signed by your research mentor to submit it through Canvas.

Research Mentor Signature:

I have reviewed the Smart Goals and am signing this form to share it with CRE staff. *By signing this and clicking "Finish," (at the top or bottom of the screen) DocuSign will send a copy of this form to you and the student.*