

Develop Learning Goals

- A learning goal is much more than simply saying that you want to learn about and/or improve on something; rather, it more specifically describes what you want to achieve.

Source: UAB Department of Ob/Gyn, Residency Program Formal Mentoring Program. https://www.uab.edu/medicine/obgynresidency/images/PDFs/Handbooks/Writing_SMART_Goals.pdf



Exercise 3: Identify 3 Learning Goals

To be able to:

- Perform physical assessments by the end of my first quarter
- Provide anticipatory guidance to a pregnant women in all three trimesters
- Perform and document a complete physical history by the end of February
- Formulate at least one differential and one working diagnosis appropriate for the patients that I see by the end of the quarter
- Obtain a complete history in 30 minutes
- Formulate/review plan for acute or chronic diseases with minimal help from preceptor
- Perform focused assessment pertaining to the symptoms the patient is presenting
- Discuss disease management and educate patient and family members
- Perform a sports physical
- See 3 patients in one session by week ten

Source: allnurses.com NP Forum. Written by nitasarn, Jan 2013; Elizabeth Shabrell



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- Learning Goals are **SMART: See 3 patients in one session by week 10.**

Specific	A specific goal is detailed, focused and clearly stated.
Measurable	A measurable goal is quantifiable, meaning you can see the results. Include precise amounts, dates, and so on in your goals so you can measure your degree of success.
Attainable	An attainable goal can be achieved based on your skill, resources and area of practice.
Relevant	A relevant goal applies to your current role and is clearly linked to your key role responsibilities.
Time Limited	A time-limited goal has specific timelines and a deadline. This will help motivate you toward your goal and to evaluate your progress

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Start with
an action verb:

- identify
- develop
- plan
- design
- compare
- describe
- evaluate
- explain
- demonstrate
- create

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