



Learning Goal Worksheet

Use for each skill and competency you wish to develop.

Select skills and/or competencies to develop with input from your mentor.

Skill / Competence to Develop:

Goal should be written using the S.M.A.R.T. criteria:

S – Specific, **M** – Measurable, **A** – Attainable/Achievable, **R** – Relevant and **T** – Time limited

Step 1: Define Your Learning Goal

- What do you want to learn? (Specific)
- How will you measure progress? (Measurable)
- Is this feasible given your time and resources? (Attainable)
- How does this relate to your professional role? (Relevant)
- By when will you accomplish it? (Time-Limited)

Step 2: Select a Learning Activity (Check all that apply):

- Courses Taken – workshops, lectures, e-learning, in-service training.
- Self-Study – reading research articles, NBASLPA documents, clinical guidelines.
- Clinical Guidance Activities – case discussions, peer feedback, study groups.
- Other (must be goal-directed and educational): _____

Step 3: Plan for Success

What obstacles do you anticipate, and how will you overcome them?

- Obstacle: (e.g., time constraints, lack of resources, knowledge gaps)
- Solution: (e.g., scheduling study time, seeking mentorship, using additional resources)

What resources will you need to complete your learning activity? (e.g., people, information, training, materials)

How will you track progress?

- Self-reflection journal
- Feedback from mentor/supervisor
- Completion of learning activity (e.g., reading, course attendance)
- Other: _____

Target date for achieving your goal:

Date goal completed: