



Learning Objectives Worksheet

Learning Objectives are statements specifying what you will be able to know, be able to do or be able to demonstrate once you have completed the internship. Express your objectives in the form of SMART goals (specific, measurable, attainable, realistic, and timely).

S.M.A.R.T. Learning Objectives to help generate Outcomes

Specific	Provide a specific objective such as Who, What, Where, When, Which and Why.
Measurable	Measure your progress of each objective you set, stay on track; reach specific dates so you know when you accomplish something.
Attainable	Develop attitudes, skills and abilities that will enable you to attain any goal you set for yourself as long as you use your internship time wisely.
Realistic	An objective must be realistic so that it can represent something you are willing and able to work toward
Timely	Set a timeframe for yourself so your objective can be completed within a certain period of time.

What tasks/projects **would I like to** accomplish during the internship?

What tasks/projects **would my internship site like me to** accomplish during the internship?

What new skills will I learn or hope to learn during the internship? _____

How will this internship help inform my understanding of career choices within my major or field? _____

Goal #1	
Specific: What do I want to learn?	
Measurable: How will I know I reached my goal?	
Attainable: What skills and abilities will I use to obtain this goal?	
Realistic: How do I make this goal a reality?	
Timely: What is the timeline and deadline for this goal?	
Goal #2	
Specific: What do I want to learn?	
Measurable: How will I know I reached my goal?	
Attainable: What skills and abilities will I use to obtain this goal?	
Realistic: How do I make this goal a reality?	
Timely: What is the timeline and deadline for this goal?	
Goal #3	
Specific: What do I want to learn?	
Measurable: How will I know I reached my goal?	
Attainable: What skills and abilities will I use to obtain this goal?	
Realistic: How do I make this goal a reality?	
Timely: What is the timeline and deadline for this goal?	