**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Creating a Learning Goal Worksheet**

Please choose one of the following goal categories:

History Taking Written Communication

Physical Exam Verbal Communication

**1.) Goal:** Brief description of the learning goal. This should be phrased in an **active** format using action verbs and describing something that you will be ale to do once the goal is achieved. When picking learning goals, use the pneumonic I-SMART (Important, Measurable, Accountability, Realistic, Timeline). Learning goals should be **specific** and avoid broad categories like “practice the cardiac physical exam.”

**2.) Importance:** Include evidence for why this is an area of improvement including things line: CAPE assessments, preceptor experiences, past patients that you cared for, attending feedback, etc. You should also include why this goal is important for your career path or current role and why the goal is important to accomplish at this point in your training.

**3.) Plan:** Describe the strategies/activities by which you will achieve your goal. Must be **multi-source** and could include things like: Focusing on particular skills during your rotation, reading relevant articles/book chapters, web-based resources, direct observation, etc. Try to be **specific** and include a **timeline** that describes the time frame over which you hope to accomplish the goal.

**4.) Outcome:** Describe how you will know that you have met this goal (should relate back to how the goal was identified). Outcome measures should be **documentable** and provide evidence of progress or achievement. Examples include: Give a talk on the topic, attending evaluations/feedback (direct observations), etc.