

# #GOALS

*Help your students to master the art of goal setting.*

**Happy New Year TES families!**

I hope you all had a wonderful winter break and were able to enjoy some quality time with your loved ones.

As adults, we view a new year as a chance to regroup, reflect, shift our mental gears and plan for a better year ahead. We ask ourselves "What milestones did I accomplish?" "What were the highlights?" "What were the low points?" And most notable, "what are my hopes for the New Year?"

All of this self-reflection empowers us to be accountable for our life choices and challenge ourselves to be more successful than we were the year before-i.e. New Year's resolutions and **goal setting**. So why not have our students do the same?

Goal setting can be done at any age and is in fact shown to be beneficial for adolescents, in the areas of academics, as well as, their personal lives. Setting and tracking goals helps your child learn important life skills such as: planning, organization, and time management while also building communication skills, self-awareness, and confidence.

## Tips for Goal Setting:

Use the acronym **S.M.A.R.T.**, when helping your child plan a goal.

- *Specific (simple, sensible, significant).*
- *Measurable (meaningful, motivating).*
- *Achievable (agreed, attainable).*
- *Relevant (reasonable, realistic and resourced, results-based).*
- *Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).*

## What if your child wants to give up?

Here are some tips from the *Big Life Journal-Growth Mindset*

- Remind your child of his or her **purpose**.
- Remind her of the **plan** she developed for confronting this particular obstacle, and help her follow it.
- Recognize and celebrate **small steps** toward achieving your child's goal, including climbing the steps on her "goal ladder."
- Instead of focusing on the perceived failure, focus on how she can continue **improving**. *Why do you think it didn't go so well this time? What could you try next time to keep getting better?*

- Celebrate your child's **effort, determination, and persistence**. For example, even if she doesn't do well on a test, acknowledge the amount of time she spent studying.
- Teach your child to have **positive** self-talk by talking positively about both yourself and your child. Teach statements like, "I can do this," or, "I'm working hard to reach my goals."
- If she does experience setbacks or failures, help her put them in **perspective**. Give examples of your own struggles at her age, or turn to examples of famous people like Thomas Edison, who reportedly tested 10,000 different materials for his electric lightbulb before finding the one that worked. What if Edison had given up on the 9,999<sup>th</sup> attempt?

As parents, educators and caregivers, we can lead by example for our students to learn the benefits of goal setting. Teaching children how to set and achieve goals helps them learn the values of reflection and self-improvement.

Here's to a new year, full of hope and possibilities!

-Mrs.Clark-School Counselor

Additional resources on goal setting:

[GradePower Learning-Importance of Goal setting](#)

[Big Life Journal-Steps for helping set effective goals](#)