Counselor's Corner

Januarv 2019

Why do we set goals?

Setting goals is an incredibly useful skill in life, no matter what age you are. Helping your children establish a habit of goal setting while they are young will give them the tools they need to be productive and successful teenagers and adults later on (as much as we hate to picture our kids growing up!). As 2019 begins, parents are excitedly trying to set goals and keep their New Year's Resolutions at the forefront of their minds amid the post-holiday stress. **Here are some ways you can involve your children in making family goals and help them reach their own personal goals this year!**

Involve all family members: Start the planning process this year by having a family meeting where the parents gather input from the kids on what goals they hope to accomplish this year as a family. This could be anything from taking a family vacation to better supporting each other in extracurricular activities each person participates in. If your family has goals they are all working toward together, family members can hold each other accountable and feel the rewards that come from goals being reached. In addition to family goals, making a big goal for each person to accomplish, and making everybody aware of it, will allow your family to support each other, keep each other on track, and celebrate your successes together.

Break down big goals into small, specific steps: Breaking ambiguous goals into smaller more manageable steps will turn your dreams and wishes into attainable goals. If you and your daughter decide she wants to get better grades this quarter, make plans for how to achieve this, such as reading for an hour a day, waking up and going to bed on time, and meeting with a tutor regularly to get help with certain subjects. Set specific deadlines on when you want the smaller steps to be accomplished.

Keep track of progress: Make a chart that is someplace visible for the whole family so you can keep track of progress. You can even make goal-setting a friendly competition between the kids for a little added incentive. Writing goals down and looking at them frequently makes reaching your goals much easier. *Resource:* All Kids Urgent Care: *https://mysickkid.com/helping-kids-set-and-reach-goals/*

5 Steps to Goal Setting

1. Break BIG goals into smaller goals!
2. Keep your goals short term!
3. Celebrate Success!
4. Build on your goals, its ok if they change as you go!
5. Talk about YOUR goals with others!!

For more information: *https://www.howweelearn.com/teach-kids-set-achieve-goals/*

For further details or information contact your child's school counselor:

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