

**THE***Counseling***CONNECTION****St. Hilary School**

Mrs. Eldred and Mrs. Rohal

As we enter a new calendar year, many adults start by setting goals for themselves. Goal setting is crucial for kids as well as it builds purpose, motivation, and confidence by giving them clear targets, teaching responsibility, and developing essential life skills like planning, perseverance, and self-discipline. This most often leads to better academic performance and a strong sense of accomplishment and independence as they learn to break down big aspirations into manageable steps. It fosters a growth mindset, showing them that setbacks are normal and manageable and it empowers them to become proactive problem-solvers for life.

**6 Parent Tips for Helping Your Child Set Goals:**

1. Choose a goal just out of reach
2. Break it down (5 W's and How)
  - a. What? When? Where? Who? Why? How?
3. Let your child own it
4. Show support and role model
5. Reward accomplishments and offer encouragement
6. Reflect and Revise

**January's Focus:****Helping Kids Set  
Goals for Themselves**

<https://www.edmentum.com/articles/6-parent-tips-on-setting-goals-with-your-child/>



# THE Counseling CONNECTION

## SMART GOALS

**SPECIFIC**  
Simple, Significant, Sensible

**MEASURABLE**  
Meaningful, Motivating

**ACHIEVABLE**  
Attainable, Actionable

**RELEVANT**  
Reasonable, Realistic, Results-based

**TIME-BOUND**  
Time-based, Time-limited

**GOALS**



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