

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

S **PECIFIC**
Simple, Significant, Sensible

M **EASURABLE**
Meaningful, Motivating

A **CHIEVABLE**
Attainable, Actionable

R **ELEVANT**
Reasonable, Realistic, Results-based

T **IME-BOUND**
Time-based, Time-limited

G **O** **A** **L** **S**



Scholar Within

ScholarWithin.com

© Copyright 2022 Scholar Within, Inc.

January's Focus:

Helping Kids Set Goals
for Themselves

