

Check-in from the School Counselor

Tuesday, April 21, 2020

Welcome Back, SMRS Families!

I pray that you all were able to take some time during the last week to relax and reset before beginning this new week of remote learning. Since we are in the beginning of the new marking period, I thought it would be important to visit the topic of goal setting in today's message to our school families.

Why is goal setting important? Goals help students create a roadmap for success, which can ultimately boost self-image and self-confidence, as well as educating the student on their own personal strengths. Goals also can be motivation boosters; students are more likely to work toward something, especially if it is something that is important or meaningful to them (like grades!). You may remember a couple weeks ago we discussed "the power of yet" or growth mindset; creating a goal helps students harness the mindset of having a "bubble gum brain" or the ability to persevere in setting and achieving a goal.

When meeting with students to discuss academics, I will often review the student's grades with them and then talk about their hopes / plans for the upcoming semester. Many times, students have the overall goal of "straight A's." I typically tell students that while that is an excellent goal, it is key to focus on the small steps to get them to that big goal (ex: increasing study habits or improving behaviors that will lead to successful learning such as focus or time management). One way to help students develop sustainable goals is to make them SMART. SMART goals help a student assess the content of their goal – is it specific, can it be measured, is it attainable, relevant, and timely? For example, just saying "I want to do well in school" is very different from "I hope to achieve an 85 or above in math during the 3rd marking period," followed by the student mapping out a plan to reach that specific goal (study habits and grade tracking).

Below are some additional resources to reinforce the topic of goal setting and SMART Goals. I am also including an attachment for a worksheet to help students map out their goals and make them SMART.

"The Importance of Goal Setting for Students" (Grade Power Learning):

<https://gradelearning.com/importance-of-goal-setting-for-students/>

"Helping Kids Set Learning Goals" (Grade Power Learning):

<https://gradelearning.com/helping-kids-set-learning-goals/>

FOR TEENS: "How to Stay Motivated" (KidsHealth.org):

<https://kidshealth.org/en/teens/motivation.html?WT.ac=ctg>

"5 Fun Goal Setting Activities for Children & Families" (Big Life Journal):

<https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>

It is also important to remember that while students should track their progress, that same progress should also be celebrated! Each little step is important in reaching the larger goal for students – every success is key! In saying this, however, it is also important to help students not focus too much on any "stumbles" in the process. Mistakes are key to growth, and they can be used as moments for students to readjust their goals if needed.

Speaking of celebrations, I also wanted to take a moment to recognize and celebrate our recipients of this week's "Superstar Shout-Out Award." These students were nominated by their families for doing extraordinary work while we are learning remotely. Congratulations to the students listed below; I am very proud of you and agree that you are indeed superstars!:

Vanessa B. (3A), Alianna B. (1A), Arabella B. (4B), Reilly B. (5A), Annabelle C. (1A), Hannah C. (2A), Luke C. (6B), and Jonathan S. (4A).

As a reminder, if you would like to nominate your child to be recognized for a "Superstar Shout-Out" award in my **April 28** e-mail, please complete the following form: <https://forms.gle/9nCrrgLt3HLppqNeA>.

Should you have any specific questions or concerns regarding your child during this time of remote learning, please feel free to reach out to me via e-mail (rsole@stmargarets-rs.org). In the meantime, please know all of you are in my prayers, and please tell your child(ren) I said "hello!"

Wishing you all a wonderful week!

Take Care,

Miss Sole
School Counselor (PS3-8th)
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S.M.A.R.T. Goal Setting Worksheet

SMART Goals are goals you create that have a structure and purpose to them. When you create a SMART Goal, you are setting a “road map” of sorts for yourself for what you want to achieve and how to get there. SMART stands for Specific (what exactly do you want to do), Measurable (how will you measure your progress / know you reached your goal), Attainable (can you realistically do this task), Relevant (does the task pertain to something you’re doing currently), and Timely (are you setting enough time aside to complete this task). Let’s try this together.

My Goal:

Specific

(What exactly do you want to achieve? Is your goal detailed enough?)

- Ex: I would like to get an "A" in Science for MP #1.

Measurable

(How can you track your goal's progress? How will you know when you reached your goal?)

- Ex: My grades for assignments, tests, and quizzes.

Attainable

(How do you know you can reach this goal? Is it too difficult to achieve?)

- Ex: I have done well in Science every marking period in the past.

Relevant

(How will this goal help you?)

- Ex: I need to do well in my classes to move to the next grade, and Science is important for my goal to be a doctor.

Timely

(When do you need to accomplish this goal? Are you giving yourself enough time?)

- Ex: I have 8 weeks to achieve this goal.