

News From Your School Psychologist

Issue No. 5

Topic: Goal Setting

January 2023



As we approach the second semester, now is a great time to help you student reflect on what went well during the first semester and what could be better. What are their strengths? What parts were challenging? Once they have determined what area they would like to improve upon here are some ways to support them in achieving their goals.

Goal Setting: Setting SMART Goals

What is Goal Setting?

Goal setting for kids is one of the best ways to increase motivation. Defining, setting, and prioritizing your goals is the first step to helping your child accomplish what they want to do. If they have not clearly defined a goal that they want to accomplish, it is much harder for them to actually achieve it.

Why Should My Child Learn How to Set Goals?

- It teaches them to take responsibility for their own behaviors and learning.
- It promotes a "can-do" attitude.
- It forms a powerful lifelong habit.

Successful Steps for Goal-Setting

1. **Let them choose their big goal.**
 - They need to have a genuine desire to achieve it.
2. **Discuss the purpose of their goal.**
 - To be truly motivated, they need to understand why the goal matters.
3. **Break the big goal into smaller steps.**
 - An effective goal needs to be within reach and manageable. It also maintains their motivation.
4. **Brainstorm potential obstacles.**
 - If you do not plan for potential obstacles, it could derail your child's motivation.



Goal Setting

SMART Goals

SMART stands for specific, measurable, achievable, relevant, and time-bound.

• SPECIFIC

- Objective clearly states, so anyone reading it can understand, what will be done and who will do it.

• MEASUREABLE

- Objective includes how the action will be measured. Measuring your objectives helps you determine if you are making progress. It keeps you on track and on schedule

• ACHIEVEABLE

- Objective is realistic given the realities faced in the community. Setting reasonable objectives helps set the project up for success.

• RELEVANT

- A relevant objective makes sense, that is, it fits the purpose of the grant, it fits the culture and structure of the community, and it addresses the vision of the project.

• TIME-BOUND

- Every objective has a specific timeline for completion.

What to Avoid in Goal Setting with Kids

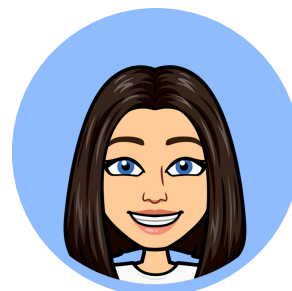
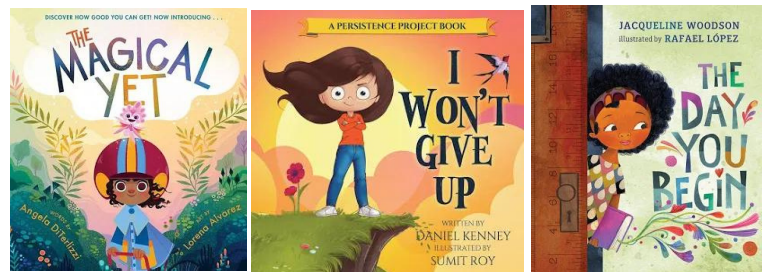
- DO NOT set vague goals.
- DO NOT set unrealistic goals.
- DO NOT set easy goals.
- DO NOT set goals without including your child.
- DO give your children positive feedback.
- DO surround your child with support.

Setting A SMART Goal Example

S Specific	What exactly do you want to accomplish? Circle type: Academic, Social, Physical, or Emotional I will learn my x7's facts in the next 3 weeks by getting a 90% or higher on a one minute timed test of 25 problems.
M Measurable	How will you know when you meet your goal? I will achieve a 90% or higher on a one minute timed test of 25 problems.
A Action Plan	What steps will you need to do to reach your goal? 1. I will practice my x7 flashcards for 5 minutes every day. 2. I will practice my x7's facts with an online game 3 times a week. 3. I will take a x7 timed test twice a week for practice.
R Realistic	Is the goal realistic? Circle: Too easy, too hard or <u>just right</u>
T Time Frame	When will you do this? Circle type: <u>short term</u> or long term Start: <u>Sept. 5, 2024</u> Deadline: <u>Oct. 5, 2024</u>

I Completed My SMART Goal on _____!

Read Together at Home: Books on Goal Setting



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