



# Counselor's Corner

Central Bucks School District - Elementary Schools

Social-Emotional Learning (SEL) Newsletter

January 2021

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## Topic: Why Goals Are Important and Helping Students Learn How to Set Goals

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Learning how to set goals and achieving goals will help students set themselves up for success in 2021! Help your child reach for the stars with some helpful tips and tricks for easy, manageable goal setting skills.

### Use SMART goals as a guide to help set manageable goals!

- Set **SPECIFIC** goals that are clear and right to the point! Goals do not have to be huge, as long as they are meaningful to the person setting them.
- Make your goals **MEASURABLE**. It is easier to achieve your goals when you have specific dates or amounts for your goals. That way when you reach your goal you can feel even more proud!
- Set **ATTAINABLE** goals. Remember that a goal is a goal no matter how small. If your goal is too big or making you feel overwhelmed, it is always okay to adjust your goals.

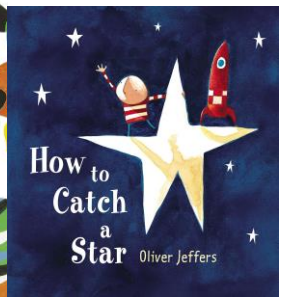
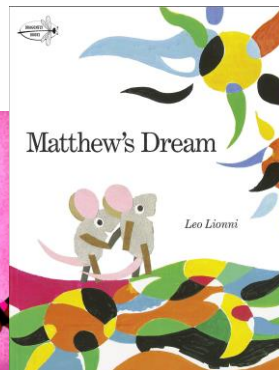
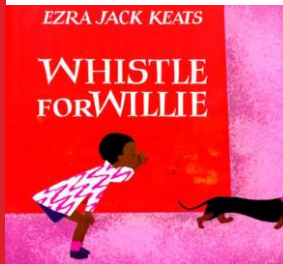
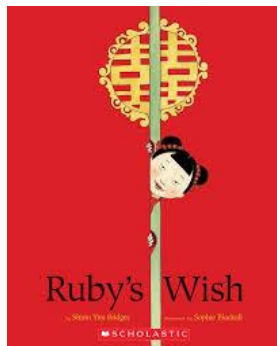
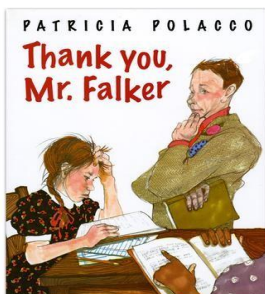
- Make your goals **RELEVANT** to you. Your goals are all about you, so making sure you keep your achievements centered to what is going on in your life will help you better manage your goals.
- Creating **TIMELY** goals is also especially important. This means that you know when you can celebrate success.

### Set goals that motivate you

This means making sure that they are important to you, and that there is value in achieving them. As parents and teachers, we can help our students set motivational goals by encouraging discussions about our hopes and dreams. Igniting that spark will help our students wonder how they can achieve their dreams.

### Children's books about carrying out goals:

- Thank You, Mr. Falker by Patricia Polacco - Grades 3-5
- Ruby's Wish by Shirin Yim Bridges - Grades 2-4
- Whistle for Willie by Ezra Jack Keats - Grades K-1
- Matthew's Dream by Leo Lionni - Grades K-2
- How to Catch a Star by Oliver Jeffers - Grades 1-3



Additional resource that discusses the importance of why your child should learn the importance of goal setting, and added steps to teach your child how to set effective goals:

- <https://biglifejournal.com/blogs/blog/goal-setting-for-kids>

## Four Proven Steps for Goal Setting for Kids:

1. Let them choose their big goal
  - Ask questions like: "What's something you wish you could achieve?"
2. Discuss the purpose of their goal
  - Ask questions like: "How can that help others?" or "Why do you think it is so important to do well in this class?"
3. Break the big goal into smaller steps
  - Use a "goal ladder" to break down their bigger goals. Place the big goal at the top of the ladder, then work your way through the steps you would need to achieve it.
4. Brainstorm potential obstacles
  - Talk about bad habits or negative thoughts, including the desire to want to give up sometimes.
  - Ask questions like: "If you feel like giving up, what will you do instead?"

What if Thomas Edison gave up on his 9,999th try?



Illustration: Big Life Journal  
biglifejournal.com

