

SETTING GOALS

*A Key to Your Student's
Success*

If you don't know where you're going, you might not get there! Helping your child set goals is one of the most important things you can do. With realistic goals, your child will be off to a good start on the road to success.



Did you ever notice that you are more likely to accomplish a goal if you write it down? Getting something down on paper can help fix it in your mind and motivate you to reach it. Setting goals can help your child succeed, too.

All children have things they would like to accomplish. But these tasks may seem so big that children give up before they start. You can teach your child how to succeed at these tasks.

Start by talking with your child about short-term and long-term goals. What does your child want to accomplish today or this week? It could be something like getting at least a B on this week's spelling quiz. Then move on to discuss long-term goals for the school year—or later in life!

Here's How You Can Help Your Child Learn to Set Goals



- Help your child clearly state a specific goal. "I will learn the 3 times table this week."
- Make sure the goal is something *your child* wants, not just something *you* want.
- Help your child develop a plan to accomplish the goal and measure progress.
- Make sure the goal is stated positively. "I will study 15 minutes a day" is positive. "I won't be lazy" is negative.
- Make sure the goal is achievable.
- Make a checklist of the steps your child will take to reach the goal. Praise your child as each step is achieved.

A successful student is goal-oriented. Knowing how to set and achieve goals is one key to your child's success.

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