

COUNSELOR'S CORNER



Helping your student set goals

MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?

FOR EXAMPLE



My goal is: _____
e.g. To drink more water! I will aim for 6 cups per day



I will track my progress by: _____

e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner



I will achieve this goal by doing the following: _____

*e.g. 1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hours*



This goal helps me because: _____

e.g. This goal will help me to be healthier, have more energy, and help my skin



I will complete this goal by (date): _____

e.g. I will achieve my goal by February 15th



1. Find your child's interests and spend quality time with them.

When it comes to your teen's hobbies, ask them what they love to do. When you finally discover the things that boost their drive and motivation, spend time bonding with them. In addition, assist and guide them in accomplishing their academic requirements at home.

However, suppose that you notice they spend their time on less important activities, such as chatting with friends or scrolling through social media all day. In that case, you must exert more effort to help them regain their sense of responsibility and motivation. If necessary, you may seek professional help.

2. Observe your child's mental well-being.

Lack of motivation may also be caused by underlying mental health issues such as depression and anxiety. If they are acting strangely, talk to your child and see if you notice any symptoms. Do not hesitate to consult a psychiatrist or a counselor for professional help if you suspect your child is experiencing mental health issues.

3. Have your child checked for possible drug abuse or addiction.

Pay attention to your child's behavior, especially when they are around their peers. If your child often gets involved in dangerous situations, road rage, accidents, or fights, take a closer look at their social activities. Substances and alcohol can negatively influence the priorities and motivation of teens and adults. If you're feeling that your teenager is out of control and suspect drug involvement, it might be time to reach out to a professional.

**TAKE A
SMALL STEP
EVERY DAY**



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1 LET THEM CHOOSE THEIR BIG GOAL

Ask questions like:

- What's something you wish you could achieve?
- What would you do if you knew you couldn't fail?



2 DISCUSS THE PURPOSE OF THEIR GOAL

Ask questions like:

- What do you think is the greatest benefit to you doing well in this class?
- How can that help others?



3 BREAK THE BIG GOAL INTO SMALLER STEPS

Use a "goal ladder" to break down their big goal. At the top of the ladder, write down the big goal, then work your way through the steps it would take to achieve it.



4 BRAINSTORM POTENTIAL OBSTACLES

Encourage them to plan for potential obstacles. Talk about bad habits or negative thoughts, including a desire to give up. Ask: "If you feel like giving up, what will you do instead?"



BONUS TIP: ASK TO WRITE IT ALL DOWN

By writing down their goals, they're **42%** more likely to achieve them.

IF THEY WANT TO GIVE UP ON THEIR GOAL...

- Remind them of the **purpose** behind their goal.
- Remind how they decided to deal with this **obstacle**.
- Recognize as they climb the **steps** on their "goal ladder".
- Give examples of **your** own struggles at their age.
- Focus on how they can continue **improving**.
- Celebrate their **effort, determination, and persistence**.
- Teach them **positive** self-talk.

4. Check if your child can concentrate on minor and major work details.

Losing motivation to do work is not solely caused by external elements such as peer pressure and substance use. It may also be due to genetic factors. Your child may come off as lazy, but it could be a sign of a personality disorder called Attention Deficit Hyperactivity Disorder (ADHD). Aside from hyperactivity, kids with ADHD often struggle with inattentiveness. They are seen as "ineffective" due to a lack of motivation to do work. If you notice the signs of ADHD, consult a mental health professional for a proper assessment and diagnosis.

5. Avoid stressing your child.

According to research, a child's stress is deeply rooted in their parents' attitude towards them: frequent nagging and yelling cause most children to feel demotivated. Furthermore, punishments, such as hitting or not talking to them, can significantly stress a teen, eventually leading to rebellious tendencies like aggressive behaviors or drug use.

In addition, the school also stresses most students, and the issue worsens if they cannot accomplish their requirements. Talk to your child and ask if they need your assistance doing their homework.

Another factor that causes stress among teens is peers. This is often referred to as social stress. Changes in hormones during puberty influence their socialization skills. It is vital to monitor your child's social circles and see if they positively influence their overall well being.



GOAL SETTING TIPS FOR PARENTS



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Some Prompts to Get Your Students to Think About GOAL SETTING

TOP 3	Top 3 Goals You Have For School	Top 3 Hopes For Your Future As An Adult	Top 3 People That Can Help You Work Towards Your Goals	Top 3 Goals You Have For Family Relationships or Friends	Top 3 Obstacles To Overcome So You Can Reach Your Goals
COMPLETE IT	"Something that I want to learn more about by my next birthday is..."	"One step I can take to get closer to a goal I have for school is..."	"A goal that I reached that I feel really proud about is..."	"One step I can take to move closer to a friendship goal is..."	"One of my goals to take good care of myself is to..."
TRUE OR FALSE?	Having a goal can help you focus and give you direction.	You have a goal you are working on now.	Making a plan will help you work toward your goal.	You believe that you can do hard things and reach your goals.	You have people in your life that can help you reach your goals.
WHAT IF...	What if you reached one of your goals? What would you be doing differently?	What if you were working on a goal you have for school? How could you break it down into at least 3 steps?	What if you gave up on pursuing one of your goals? What might be 2 different reasons for giving up?	What if you reached one of your goals? Who would notice?	What if what you were doing to reach a goal wasn't working? What could you do instead?
RISK!	Congratulations! You just reached one of your goals! Act out how you feel.	One a scale of 1 to 10, where 10 means your goal has come true and 1 means your goal is far away from being reached, what number are you now?	Act out something you can do differently to reach 1 of your goals.	If you were granted 3 wishes that would help you work towards a goal, what would you choose?	What do you hope to do or experience by this time next year? Answer by giving 3 clues.
YOU JUST...	You just started working on one of your goals. What are 2 of your strengths that you can use to help you reach that goal?	You just encouraged a friend to keep working towards his goal even though he wanted to give up. What did you tell him?	You just walked on stage to receive an award for reaching one of your goals. What was the award for?	You just thought about how much you have learned about a topic you didn't know much about a few years ago. What have you learned?	You just achieved one of your school-related goals. What did you do?

Make goal-setting fun!

↓ READ MORE ↓

1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2 DRAW A WHEEL OF FORTUNE



- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, ask your child to write out goals she would like to accomplish in a set period of time.

3 CREATE A VISION BOARD

- Take some old magazines and ask your child to cut out pictures that represent her hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH



- Have your child come up with 3 "Stars," or things she does well. This can be anything from running fast to comforting her friends when they're feeling sad.
- Have your child come up with a "Wish." The "Wish" is something that your child needs or wants to work on (a goal).

5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and



6 INTEREST MAPS



- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests. See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.

7 GOAL LADDERS

Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your DREAM at the top of the staircase.
- Write down your FIRST GOAL at the very bottom of the staircase and the first action towards that goal.
- Create your SECOND GOAL and the first action towards it.
- Create your THIRD GOAL and the first actions towards



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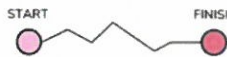
"YOU DON'T HAVE TO BE GREAT TO START, BUT YOU HAVE TO START TO BE GREAT"

- ZIG ZAGLER

Don't just seek the goal,



Enjoy the process.



WHEN YOUR CHILD SAYS "I'M BAD AT THIS!"

INSTEAD OF:

TRY:

Don't say that!

Tell me what makes you feel that way.

I'm bad at this, too. It's just not our thing.

Just because it's hard doesn't mean you can't be good at it. Let's look at this together.

I don't want to ever hear this again.

Is that really what you're thinking or are you just tired right now?

Don't worry. You'll learn this in no time!

Sometimes we need to give our brains time to learn.

BUILDING RESILIENCE IN TEENS

GLOW



What are you most proud of?

What was your favorite lesson and why?

What did you work for and/ or what did you get better at?

GROW



What do you want to work on?

How do you want to improve?

What is your new goal?

What is some-thing you want to get better at?

WHEN LITTLE PEOPLE ARE OVERWHELMED BY BIG EMOTIONS, IT'S OUR JOB TO SHARE OUR CALM. NOT JOIN THEIR CHAOS.
~ L. R. KNOST

9 GROWTH MINDSET QUESTIONS WHEN KIDS GET STUCK ON A PROBLEM

How can I learn from this?

How can I look at this a different way?

How would I approach this problem?

What tools can I use to solve this?

What do I know how to do already?

Who can I ask for help?

How can I learn from past success I've had?

What do I know and not know?

How can I break this down into a smaller step?

WHAT AN ANGRY CHILD NEEDS TO HEAR:

"I CAN SEE THIS IS HARD FOR YOU."

Tells the child they have your attention
Acknowledges the child's feelings

"EVEN WHEN YOU FEEL YOUR WORST, I LOVE YOU."

Tells the child that you will love them, no matter how they feel or behave
Creates a safe environment
Deepens connection and builds trust
Demonstrates unconditional love

"I CARE ABOUT HOW YOU FEEL."

Tells the child that you are present
Acknowledges the child's feelings
Demonstrates compassion
Opportunity for deeper connection

"I AM HERE FOR YOU."

Tells the child that you are present
Creates a safe environment
Deepens connection and builds trust
Demonstrates compassion
Deepens connection and builds trust

"IT IS OK TO FEEL ANGRY."

Tells the child that all feelings are ok
Acknowledges the child's feelings
Gives the child acceptance of feeling angry

"I WILL STAY WITH YOU."

Tells the child that you are present
Creates a safe environment
Deepens connection and builds trust
Demonstrates resilience and patience

Reframing our thoughts

"It is not good enough."

"I am constantly learning and improving. I have unique talents and abilities that make me valuable and reliable."

"It's never fair at everything I do."

"Every setback is an opportunity for growth and learning. I can recover and do it again until I bring out the best in myself."

"Nobody likes me."

"I am worthy of love and kindness. I have unique qualities that attract genuine friendship and meaningful relationships."

"I can't handle this situation. It's too overwhelming."

"I am strong and capable. I have overcome challenges before and will find a way to navigate through this situation with resilience and grace."