

Counselor Connection



New Year's Resolution #1:
Be More Awesome than last year.



Happy New Year!

Everyone loves a fresh start! We are spending time this month learning how to set a **SMART** goal for 2017



Counselor Impact



January Character Trait:
Integrity

*How **SMART** is your New Year's Resolution?*

Many of us ring in the New Year with a laundry list of changes we plan to make. We tend to make more "wishes" than "goals". This month students of Pleasant Prairie will learn the real work that goes into setting goals. We will spend classroom counselor lesson time setting **SMART** goals.

S—Specific (who, what, when, why, and how?)

M—Measurable (how will you know when you've met your goal?)

A—Attainable (is this realistic?)

R—Relevant (how does this fit into your life now?)

T—Timely (when will this happen? what is your deadline?)

Teaching kids to establish and work toward goals has many benefits.

Responsibility: Success or failure depends on what they put into it.

Time management: Kids learn how to manage their time to meet their goals.

Self Confidence: Nothing beats the feeling of meeting your own goal.

Resilience: Kids learn to cope with the small setbacks that might stand in their way.

Perseverance: They learn to keep trying and rework their steps until they meet their goals.



Contact:

Always and often ☺

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