



SEPTEMBER

Goals and Organizations

K – 3rd **ACTIVITY:** Speak to your students about the importance of goal setting. Ask them to pick a personal goal for the school year. Let students know that these goals will be shared with their pen pals and teacher.

Download our key to success and goal apples worksheets.

WHY IT'S IMPORTANT:

- Teaches students to understand the steps required to identify and achieve a goal
- Teaches a lifelong skill

DIRECTIONS:

1. Let The Students Lead

Get the students invested in the goal setting process by offering suggestions, but letting them determine their own goals. Ask what goals they'd like to achieve this school year. Suggest academic goals and personal goals to your class, and never dismiss their goals as frivolous. It also helps if the student is excited about his or her own goal.

2. Make a Plan

Help your student identify each of the steps required to meet their goal. For example, if the goal is to get a higher grade on a math test, the steps could include setting aside an hour each night for study, taking a certain number of practice exams, meeting with the teacher for extra tutoring, and reviewing previous tests to identify mistakes.

Creating a plan makes achieving a goal more accessible by breaking it into smaller steps, each of which can instill a sense of accomplishment when they are achieved. Creating this type of plan also helps to illustrate the difference between long- and short-term goals (as many of the steps towards completing the larger goal are short-term goals themselves).

3. Be Realistic

Children often do not understand the amount of work or other requirements necessary to meet some goals. Help your student understand how to be realistic about goal setting, both in the goal they choose and in the plan they set for achieving it. For example, memorizing every times table up to the number 12 is not unrealistic, but learning to do so in a day might be. Don't dismiss your students' goals, but help them to understand the steps required to achieve them, and then be encouraging and offer your help where you can.

4. Be a Cheerleader when you Pen Pal

As your student works toward achieving a goal, monitor progress and celebrate success. Offer your support where necessary and encourage the good work that is being done. Use positive reinforcement and they will feel all the better about the successes they've achieved.

You can do this by identifying their goal using the worksheets provided below, and by continuing to support them through your correspondences (e.g., "How'd you do on memorizing your times tables? I know you wanted to get up to the number twelve.") Then, use positive reinforcement (e.g., I think you should be proud of the fact that you have memorized up to the 6 tables! You've accomplished half of your goal and still have several months to learn the rest.)

Remember that learning to set goals is not intuitive. Children must be encouraged to develop this valuable skill for success later in life. Starting early and offering guidance and encouragement can help them to learn short- and long-term goal setting for success.

For more information on goal setting, visit <http://www.goal-setting-guide.com/teach-children-how-to-set-goals/>.