

Setting your Goals

Dear Parents:

We believe goal-setting is a life-long skill and that it is important for children to feel ownership in establishing goals. Sometimes, it is difficult for parents to allow their children to set their own goals. Having said this, you might be wondering why we are asking you to answer the enclosed questions. We believe that some children need guidance in setting a realistic, achievable goal that can be measured. We also believe you know your children best.

This year we would like each child to have an academic goal and a character goal. On the following pages, you will find the parent and student questions, an academic goal worksheet and a character goal worksheet.

We ask that you and your child discuss the goal prior to your conference. We recommend these steps for your discussion. However you choose to accomplish this task is up to you and your child. We recommend the following steps.

- You and your child need to answer your questions individually.
- Discuss the final goal with your child to make sure he/she is on the right track with a realistic goal. When setting a realistic goal with your child, we ask that you not grades as a measure of accomplishment. Grades are not always a true reflection of achieved goals.
- Have your child write down the goals and bring them to the goal-setting conference at the beginning of the school year. At the conference, you and your child's teacher will work together to facilitate steps to success.
- Develop a celebration with your child for achieving the goal.

Thank you for your support. Children will reflect upon their goals during the school year, adjust and/or create new goals as goals are accomplished.

Thank you,
Staff of _____ School

Samples

Academic:

1. I will work to improve my spelling. I will do this by keeping a list of the words I often misspell, and I will check that list as I do my writing. When I think I know how to spell a word, I will circle it on my list.
 - Measurement of Goal: Parent/Teacher reviews child's list for accuracy. Student demonstrates consistency over time.
2. I will be an active listener in class. I will participate in class discussions and lessons. I will be able to tell my parents what happened in school and how I contributed to class.
 - Measurement of Goal: Parent/Student/Teacher discussion of how the student listens and is the shared information relevant. Student demonstrates consistency over time.
3. I will take the responsibility to turn in my homework on time. I will make sure I have my homework, before I leave for school, and I will be prepared to hand it in at school.
 - Measurement of Goal: Parent saw work ready to turn in to teacher and student demonstrates consistency over time.

Character:

1. I will show respect for other people when I work in groups. I will listen to others and not interrupt them. I will "build up" or encourage others, rather than putting them down.
2. I will cooperate with others on the playground. I will not expect to have my own way all the time, and I will be a team player.
 - Measurement of Goal: Parent/Teacher reflects with child and discusses the strategies the child used to cooperate with others.

Celebrations:

1. Have 3 friends over for a sleepover.
2. Have a date with mom or dad alone.
3. Pick a restaurant to go to with the family or a game to play with the family.

Most children just want to spend more time with parents, friends or other family members.

CHILD:

Goal Setting Rough Draft Form

Things I do well academically	Areas I need to improve

In which academic or organizational area do I want to create a goal?

What steps need to be taken to improve in this area?

How can my progress be measured?

CHILD:

Goal Setting Rough Draft Form

Choose one of the following character traits that you think you really need to improve on this quarter.

Adaptability, Cheerfulness, Cooperation, Courage, Generosity, Gratitude, Humility, Optimism, Patience, Peacefulness, Perseverance, Sportsmanship

<u>Things I do well in my Character</u>	<u>Areas I need to improve in my Character</u>

In which character area do I want to create a goal?

What is your trait?

How do you plan to address it during the first quarter?

PARENTS:

Goal Setting Rough Draft Form

Things my child does well	Areas my child needs to improve

1. In which area(s), would you like to see improvement during the first 10 weeks of school?

2. In which areas would you like your child to establish these goals?
What would your child's goals be?

3. How will you help your child accomplish his/her goals?

Goal Setting Final Draft Form

My Goals are:

1. *Academic Goal:*

What steps am I going to take to accomplish my goal?

2. *Character Goal:*

What steps am I going to take to accomplish my goal?

What am I going to do to celebrate my goals when I accomplish them?

I will focus my energy on making improvements in this area during the 20__-20__ school year. If I achieve my goals, I will create new goals.

Date

Student Signature

Parent Signature

Teacher Signature