



AVID Newsletter



The AVID team at Foothill wants to share monthly tips and strategies that are helpful for ALL students.

This Month: Growth Mindset and Goal Setting (Created for teachers and students)

What is a growth mindset?



[The Power of belief](#)
[TEDxManhattanBeach](#)

Nearly every student wants to graduate from a college, but only about 27% receive their degree nationwide.

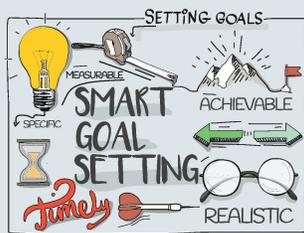
The importance of becoming a lifelong learner and the growth mindset.



[Find out why!](#)

Would you like to be part of our AVID team?
Have some feedback, questions or want to share a success story?
Please reply [here!](#)

SMART Goal Setting!



- S specific
- M measured
- A attainable
- R relevant
- T timely

Summary VS. Reflection

Do you know the differences?
[Brush up](#) on these two practices

How can you reflect and build upon what you achieved last semester?
[Summary vs Reflection + Goal Setting Handout](#)

[SMART Goals Handout](#)

Further Reading:



[6 reasons](#) to plan goals

[5 reasons](#) why goal setting will improve your focus

Who are your [AVID](#) Elective Teachers??
Previous Newsletters [Here](#)