

# COUNSELOR'S CONNECTION



**JANUARY  
EDITION**

**HAPPY NEW  
YEAR!**

Happy 2024 SUES Family! The start of a new year is a great time to reflect on the past and look forward to what we would like to work on. Setting new goals ourselves helps us to stay on track and become more self-aware. Being self-aware can help us to be better decision makers, increases confidence, helps us understand different perspectives, and builds relationships. A great way to become more self aware is to take a personality quiz (link below) to learn more about yourself!



## **This month at the UES:**

We are teaching counseling lessons in the classrooms about Self-Awareness. The students are taking an animal themed personality quiz to discover their animal type that has traits most like them!

To Take the Quiz:

[knowandlove.com/quiz-landing](https://knowandlove.com/quiz-landing)

To Know About All the Personality  
Types:

[knowandlove.com/animals](https://knowandlove.com/animals)

# SMART Goal Planning



What EXACTLY do you want to accomplish?



How will you know when you meet your goal?



Is it possible to meet this goal with effort by your timeline?



Is this goal worth working hard to accomplish?



What is the deadline you set to meet your goal?

*A goal without a plan is just a wish. ~Antoine De Saint Exupe*

# SMART GOALS

Using the SMART Goals method is a great way to identify a goal you want to achieve and putting a plan in place to ensure you are on track to meeting that goal. Here are the steps to setting a SMART Goal that makes it easy to define, prioritize, and attain goals.

## Conversation Corner

Questions to ask your child besides "How was school?"

- 1) What is a hope and dream you have for the new year?
- 2) What is your favorite thing to do when you come home?
- 3) What animal did you get on your personality quiz?

More information about SMART Goals can be found at:

<https://www.onoursleeves.org/mental-wellness-tools-guides/healthy-habits/smart-goals-for-kids>

**See More Resources at:**

<https://samsel.sayrevillek12.net/our-community/counselors-corner>