



# 2025

## Counesling Newsletter

HAPPY NEW YEAR  
Goal Setting- January 2025

### Goal Setting for Success

As we enter 2025, it's the perfect time to reflect on accomplishments and set new goals for the future. This month, we're focusing on goal setting — what it is, why it's important, and how you can help student(s) create and achieve their own meaningful goals.

#### INTRODUCING SMART GOALS

- **Specific:** The goal should clearly define what you want to achieve.
- **Measurable:** Include criteria to track progress and know when the goal is accomplished.
- **Achievable:** Set goals that are challenging but possible to achieve.
- **Relevant:** Goals should align with broader aspirations and priorities.
- **Time-bound:** Set a deadline to stay motivated.



### What is Goal Setting?

Goal setting is the process of identifying something you want to achieve and creating a plan to reach it. It's a powerful tool for personal and academic growth. For students, goals provide a sense of direction, motivation, and accountability. Research shows that students who set clear goals are more likely to stay focused and achieve success in school and beyond.

### Video

Watch this short, engaging video on SMART goals to help students understand the concept and get inspired:

#### **SMART Goals for Students - A Quick Overview**

This video breaks down each component of SMART goals and provides examples that are easy for students to relate to and apply in their own lives.

### Goal Setting Lessons for Home

- Check out [this packet](#) to help your student write their own smart goal for 2025
- For younger students, create a [New Year's Flipbook](#) for reflection and goals setting



HAPPY  
NEW  
YEAR

# Books

## Elementary

### **The Most Magnificent Thing by Ashley Spires**

A story about a young girl who learns resilience and creativity as she perseveres through challenges to build something extraordinary

### **Giraffes Can't Dance by Giles Andreae and Guy Parker-Rees**

A heartwarming tale about a giraffe named Gerald who learns to embrace his unique rhythm and discovers that everyone can dance in their own special way.

### **Jabari Jumps by Gaia Cornwall**

story about a boy who overcomes his fear and builds courage to take a big leap off the diving board for the first time



## Secondary

### **"Fish in a Tree" by Lynda Mullaly Hunt**

This book follows Ally, a middle schooler with dyslexia, as she sets goals to overcome her learning challenges with the help of a supportive teacher.

### **"The Seventh Most Important Thing" by Shelley Pearsall**

A story about redemption and setting goals to transform anger and loss into a positive, creative purpose.

### **"Wonder" by R.J. Palacio**

Auggie's journey of self-acceptance and courage can inspire students to set goals for kindness, inclusion, and personal growth.



## Helping your student write a Goal

As parents, caregivers, and educators, you play a crucial role in guiding students through the goal-setting process. Here are some steps you can follow:

1. **Start with a conversation:** Ask your student what they want to achieve and why it matters to them.
2. **Brainstorm together:** Encourage your student to think about areas they want to improve or skills they want to build.
3. **Use the SMART framework:** Work together to shape their idea into a clear, actionable goal.
4. **Break it down:** Help your student outline the steps they need to take to reach their goal.
5. **Track progress:** Check in regularly to celebrate milestones and adjust the plan if needed.
6. **Encourage reflection:** At the end of the goal timeline, discuss what worked well and what could be improved for future goals.

HAPPY  
NEW YEAR