

## Goal-Setting Tips

**Roads to Success** is a new program designed to help middle and high school students prepare for their futures. This newsletter will keep you posted on what we're doing in school, and how families can follow through at home.

### Did you know?

A best-selling book, "The 7 Habits of Highly Effective Teens," by Sean Covey, gives 7 simple rules for teen success.

Number 2:

Begin with the end in mind.

(Set goals.)

Olympic athletes do it. So do restaurant managers and weight-watchers. Successful people set goals, whether it's gold medals won, burgers sold, or pounds lost.

Goal-setting is a skill that's at the heart of the Roads to Success program. It's the reason we encourage students to explore careers, consider their options after high school, and describe their future plans.

You can help your kids learn to set goals by showing them how you do it—from daily chores (like bill-paying and housecleaning) to long-term projects (like saving for a big purchase or planning a family vacation.)

Here are some goal-setting tips to share with your kids:



1. **Write your goal down.**
2. **Be positive.** (For example, "I'll get a C or better in math" rather than "I won't fail math.")
3. **Be specific** so you can tell if you've kept your promise to yourself. ("I'll go to the gym from 5-6 p.m. every Monday, Wednesday, and Friday.")
4. **Give yourself a deadline**, and make it close enough so you're

inspired to get going.

5. **Get help**, even if it's just someone to report your progress to. (Professional athletes have coaches, why shouldn't you?)
6. If you've worked on the same goal in the past and haven't been able to follow through, try to think about what went wrong. **Make smaller goals to stay focused.**
7. **Track your progress.** If you don't succeed at first, change your plan and try again.

"What do you want to do? How can I help you reach your goal?" These are two of the most important questions a parent or teacher can ask.

## Grade by Grade: Goals in the Classroom

In Grade 7, Roads to Success students identify concrete steps they can take to get better grades.

- Attend school every day.
- Arrive on time.
- Write down home-

work assignments.

- Complete projects and assignments.
- Ask for extra help if needed.
- Participate in class.
- Set aside a time and place to study.

Each month, students, identify one area they'd like to improve. Four weeks later, they check in to see if they accomplished their goals.

For more info about the program, visit us at [www.roadstosuccess.org](http://www.roadstosuccess.org).