



## SUCCESS CLUES FROM DR. K.

### SUCCESS ATTRIBUTE #3: GOAL-SETTING

As parents, teachers, and concerned adults we all share continuously the common goal for youth to experience more success in their lives. This month, I am sharing with you another success attribute to provide you with some ideas as to how to foster key characteristics in the lives of our youth. Success is given direction through **goal-setting**. The following information is provided by the Frostig Center to help responsible adults develop goal-setting in youth (the full article is available at [www.evergreeneagles.org](http://www.evergreeneagles.org) on the support staff Dr. K. home page):

My child is doing Goal-Setting when he/she

- Sets academic goals
- Sets non-academic goals
- Can prioritize goals
- Knows when a goal is realistic
- Develops plans/steps for reaching goals
- Understands the relationship between short and long-term goals
- Finds alternative ways to reach goals when faced with obstacles
- Understands the need to work with others to reach goals

In order to foster goal-setting abilities, the following activities are recommended.

#### GENERAL ACTIVITIES FOR DEVELOPING GOAL-SETTING

- Have your child write down a real, short-term academic goal and discuss the step-by-step process for reaching it (for example, oral report on an early explorer, project on life in the American colonies, term paper on Shakespeare).
- Develop a realistic timeline for completion of a future school project, including typical "obstacles" such as a sports practice, birthday party, favorite TV show, and other distractions.
- Have your child set a long-term career goal and discuss the step-by-step process for reaching it. Arrange opportunities for your child to interview someone in that career, emphasizing goal-setting behavior.
- Discuss successful individuals and determine the experiences, backgrounds, opportunities, and critical events that led these individuals to their success.
- Present fictional examples of people with specific goals and, based on their strengths, weaknesses, and special talents, discuss whether their goals appear realistic.