

Social Emotional Learning Resources for Secondary Families (Week #6)

Plano ISD would like to provide parents with strategies and tips to support their child’s social emotional development at home. These social and emotional skills are essential for navigating through today’s current events and for meeting life’s challenges in the future.

⑥ GOAL-SETTING & ACHIEVEMENT

1. Choose your goal & write it down.
2. Use “WHY?” thinking.
Why is this important to you?
3. Use “WHAT?” thinking.
What do you need to do to achieve your goal?
4. Write down the steps you need to take to reach your goal.
Be specific. Include what, when, and where.
5. Prepare for obstacles and have a plan to overcome them.
6. Post a visual reminder of your goal.



<u>ACTION</u>	<u>REFLECTION</u>
<ul style="list-style-type: none"> → At the beginning of the semester, give students an index card to write down a target grade with realistic and attainable steps that would help them reach that target (e.g., turn in all my homework, go to the tutoring center once a week, study with a friend, make flashcards). 	<ul style="list-style-type: none"> → Revisit the index cards regularly and ask: <ul style="list-style-type: none"> - On a scale of 1 to 5, how well are you doing at sticking to your goal? (5 = right on track, 1 = needs improvement!) - If you are not on track, what do you need to do to reach your goal? (e.g., think-pair-share with a partner) - If you are reaching your goal, what has helped you stay on track toward the grade you wanted? <p><i>[Encourage students to post their index card in a place where they can see it daily as a visual reminder. Create and monitor a goal index card for yourself.]</i></p>
<ul style="list-style-type: none"> → Brainstorm and agree upon attainable goals for the whole class/team (e.g., the class will turn in at least 90% of homework, the team will get at least 80% of free throws). Use a visual reminder (chart) to track weekly progress and celebrate successes. 	<ul style="list-style-type: none"> → Revisit the group goal chart regularly and ask: <ul style="list-style-type: none"> - On a scale of 1 to 5, how well do you think you’re doing at contributing to this group goal? (5 = reliable contributor, 1 = needs improvement!) - What are you doing well as a class/team? - What do you need to continue doing to reach your goal? - What do you need from me, your teacher/coach, to help you reach your goal?

SEL Essentials for Parents

Encourage your children to use the goal-setting steps to set personal goals (ex. health, academics, learning a new skill, sports, or other interests). In order to retain focus and avoid fatigue and depletion of self-control, it is best not to encourage goal-setting in multiple areas at the same time.

Most importantly, model setting and attaining goals yourself so that your family learns by example.