

Counselor's Corner - Mrs. Miller

February 2021 - Nautilus Elementary



Benefits of Goal setting

Active involvement: As the goals and action plan are set by the students themselves, they work actively towards achieving it. Active participation is beneficial as it equals increased learning.

Decision making and Problem solving: Setting goals and attaining them are like pieces of a puzzle. Students need to fit the pieces together to form the whole picture. The activity improves their cognitive skills and students are equipped to make the right choices and deal with any difficulties.

Accomplishment: Creating the goals, action plan and working towards it strengthens the student's sense of accomplishment. This in turn improves their self confidence and motivates them to perform better in class.

Self-esteem: Goal setting does wonders to a student's self esteem. As opposed to their previously restricted view of their abilities, goal setting encourages them to believe in themselves. Thus students are persuaded to aim higher, explore their immense potential and advance their learning.

Tips to Increase Motivation!

1. Visualize the prize

Think of how things would look differently if you suddenly had all the motivation in the world. There would probably be a lot of positive effects! Every time you start to feel unmotivated, try to refocus on all the good things that will happen when you reach your goal. It might help to draw a picture of it or write it down.

2. Write down positive statements

It can be easy to feel like giving up when you're working really hard towards a goal. What are some positive things you can say to yourself to help you refocus? Write these statements down, and put them somewhere you can see it every day!

3. Take small steps

Motivating yourself can be hard if your goal seems so big and so far away! Rather than looking at how much work you have left to do, break it down into smaller steps. Every day set a new goal for yourself that will bring you closer to your big goal. Remember to 'pat yourself on the back' whenever you make any progress!

4. Make it a challenge

Challenges and competition are things that can get us excited and energized. Is there a way you can challenge yourself in reaching your goal? Maybe there's a friend or family member who has a similar goal. You can turn it into a fun and healthy competition. Remember, whenever people are working towards a goal, there are never any losers - just winners!

5. Reward yourself

Finding a way to reward yourself can help keep you motivated. Every time you reach a small or big goal, find a way to give yourself a prize. It doesn't have to be anything big or cost a lot of money. Talk to your parents and see if you can think of fun rewards for the progress you make towards your goals.