

HOME OF THE BULLDOGS



Setting SMART Goals

a pathway to creating good habits

Upcoming Events!

Jan. 12th - Distance Learning

Jan. 13th - 15th - Student Non-Attendance Days

Jan. 18th - MLK Day - No School

Jan. 19th - Start of 2nd Semester

1. S - Specific

- Ask yourself what you want to accomplish
- Most importantly, ask WHY
- Don't make vague goals
- Set clear, specific goals that you can work towards

2. M - Measurable

- Make sure your goal is measurable!
- Are you able to tell when you've reached your goal?
- How will you measure your progress?
- find a way to keep track of your goals

3. A - Attainable

- Does this goal help you push your limits?
- Can you actually accomplish this goal?
- Goals should be hard but within your reach!

4. R - Relevant

- Does this goal align with your bigger picture?
- Does this goal positively impact your life?
- Choose goals that are meaningful
- Work towards goals that fit in with your life goals and dreams

5. T - Time-bound

- Giving yourself deadlines helps you stay on track
- Choose a date on which you should achieve your goal
- Deadlines create a sense of urgency to help push you closer to your goal



Let's Talk:

It's a new year! Let's talk about creating good habits. By initiating good habits while in junior high school, you will be more prepared and less overwhelmed in high school. With the start of the new semester - and the new year- it's time to pick some goals and commit to them. Here are some ideas of healthy habits to start working on:

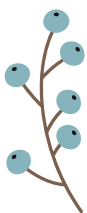
- Get a full 8 hours of sleep each night
- Limit your screen time
- Eat a healthy breakfast
- Use your planner/ agenda every day
- Take some time for yourself every week to destress
- Clean out your backpack every Friday
- Study for every assesement



Can YOU solve this problem?

+ + = **9**
 - **3** + = **13**
 + = **14**
 + **4** =
 = **?**

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!



Who's My Counselor?

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