

# BULLDOG COUNSELING CORNER

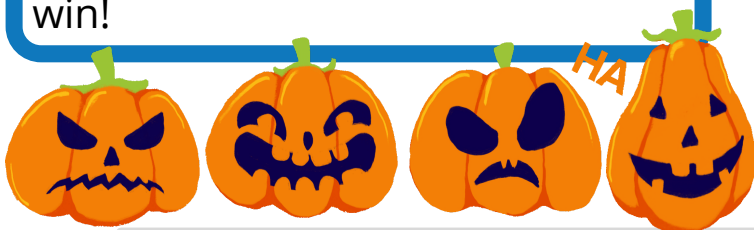


## UPCOMING EVENTS!

- Oct. 13th- Choir, Band, and Orchestra Fall Concert
- Oct. 15th- Picture Make-up
- Oct. 21st-22nd- Fall Recess
- Oct. 25th- End of 1st Term-No school

## WANT A PRIZE?

Go to the Counseling Corner bulletin board across from the counseling center and look for the hidden Halloween character. Come to the counseling center with the answer. First 5 students win!



## Setting SMART Goals

a pathway to creating good habits



### Specific

- Make your goal clear and specific
- Ask yourself what you want to accomplish
- Ask yourself: who, what, where, when, and why?



### Measurable

- Set a measurable way to check your progress to keep yourself on track
- Are you able to tell when you've reached your goal?
- How will you measure your progress?



### Attainable

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



### Relevant

- Your goal should be something that matters to you and is applicable to your life right now
- Does this goal positively impact your life?
- Does this goal align with your bigger picture?



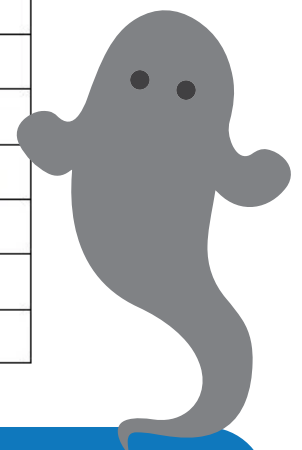
### Time-bound

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

# DEVELOPING A GROWTH MINDSET



INSTEAD OF...	SAY THIS...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



## Faculty Spotlight



Mr. Combe is our new teacher for US History, World Studies, and 6th Grade Success. He went to Utah Valley University. His favorite part about school is telling stories about people he knows and connecting them to history. He loves to eat cheese pizza, ride BMX, and paint. His favorite music is Classic Rock and Metal and his favorite movie is The Empire Strikes Back. His favorite book is In the Heart of the Sea. Go talk to him about Cold War History or Scooby Doo cartoons!

### SCHEDULE A MEETING WITH YOUR CONSELOR

Ms. Kendall A-G: ckendall@graniteschools.org  
 Mrs. Judd H-M: mdjudd@graniteschools.org  
 Mr. Howe N-Z: llhowe@graniteschools.org

