

Be Informed. Be Involved.
Be Ready!



PATH COMMUNITY OUTREACH

GOAL-SETTING & TIME MANAGEMENT THE PARENT'S ROLE

SEPTEMBER 26, 2015

Goal Setting

SMART Goals

S- Strategic, Specific

(What exactly do I want to measure?)

M- Measurable

(How am I going to measure it?)

A- Attainable

(Is this a reasonable goal?)

R- Results-Based

(What will my goal look like when I've reached it?)

T- Time-Bound

(When should I reach my goal?)



Goal Setting

SMART Goal?
I will go on a diet.

| | |
|----------------|--|
| Specific? | |
| Measurable? | |
| Attainable? | |
| Results-based? | |
| Time-Bound? | |



Goal Setting

SMART Goal?
I will go on a diet.

| | |
|----------------|------------|
| Specific? | NO |
| Measurable? | NO |
| Attainable? | Who knows? |
| Results-based? | NO |
| Time-Bound? | NO |



Goal Setting

SMART Goal?

I will lose 15 pounds by
December 24th to improve my
health

| | |
|----------------|--|
| Specific? | |
| Measurable? | |
| Attainable? | |
| Results-based? | |
| Time-Bound? | |



Goal Setting

SMART Goal?

I will lose 12 pounds by
December 24th to improve my
health

| | |
|----------------|-------------------------------------|
| Specific? | YES (lose 12 pounds) |
| Measurable? | YES (compare weight before & after) |
| Attainable? | YES (about 1 pound a week) |
| Results-based? | YES (improve health) |
| Time-Bound? | YES (by December 24 th) |



Goal Setting

Student Examples

On my next Math test, I will solve problems with 90% accuracy using order of operations.

I will be ready to work in Mrs. Galindo's class every day during the last three weeks of the grading period.

I will raise my grade in Pre-AP Science by 10% percentage points this 6 weeks to make the All "A" Honor Roll.

I will score a 95 on the next unit test in Social Studies to improve my average 10% by October 2nd.





Goal Setting Strategies

As a parent I should...

- Get the idea across
- Start small
- Let them choose
- Be alert to possibilities
- Show them how
- Provide a reality check
- Applaud **SUCCESS!**

from *Parents Magazine*, Marie F. Evitt





Goal Setting Strategies

When the goal is not achieved...

- Review the goal...
- What ideas do they have to reach the goal next time?
- Share a time when you did not achieve a goal as a child...
- Refrain from punishment or bribes...
- Praise their effort...

from *Parents Magazine*, Marie F. Evitt



Time Management

How well do you
management your time?



Elementary/Intermediate

- Elementary school- teachers closely monitor almost everything associated with a student's learning.
 - told when and how to do everything.
- Intermediate school- cultural and educational shock for students
 - academic performance may drop during 1st semester.
 - more choices (courses, electives, co-curricular/extra-curricular activities.



Intermediate Students

- Lose track of time easily.
- Put time into perspective for them.
- Use the Time-management chart to help your child visualize where their time goes and how every hour counts.
- Discuss with your child areas where time can be better utilized.



Intermediate Students

- “Need to” vs. “Want to”
- Help your child understand the difference between “needs” and “wants.” This is often difficult for pre-teens and teenagers.
- Help your child prioritize their “needs” and how fit in the “wants” after major tasks have been completed.
- Help eliminate “distracters” for them. Distractions often lead to excuses.



Steps for Planning Time

| | |
|--------|---|
| Step 1 | List everything that you have to do for a week. (include school, homework, projects, chores, activities, family time, etc.) |
| Step 2 | Give every job or activity a time and place. Write this on a time chart. |
| Step 3 | Make changes in your schedule as the week passes; if you need to. |
| Step 4 | Check off each item on the schedule after you have completed it. |
| Step 5 | Reward yourself when you finish a very hard task |
| Step 6 | REPEAT |

**** Weekly Time-Management Schedule***



Time-Management Schedule

- Use the chart to record how your child spends their time for one week.
- Use the following questions to help them reflect:
 - What are the three main ways I spend my time?
 - Are these three ways the best use of my time?
 - What would I like to change about the way I use my time?



Keys to Time Management

Organization- This is essential to good time management. Students should have binders/folders for each class/subject that are color-coded or clearly labeled so time is not wasted hunting for materials/papers/notes. Consider keeping the homework area neat and tidy as well.

Planner/Journal/Agenda- Keeping a planner/journal/agenda is a great way to help students track assignments and deadlines. Students creating their own agendas gives them a sense of purpose and ownership. Include everything! (all classes, after school activities and daily chores)

Homework time- Schedule a slot of time every evening for homework and enforce this time slot. Be mindful of other obligations when scheduling homework time.

Major Projects/Papers- help students break the assignment into smaller pieces and create a plan for completing the assignment.



How can I support my child?

- *Get plenty of rest!*
- *Eat Properly!*
- *Set Priorities!*
- *Stay Involved!*



Get Plenty of Rest!

Sleep experts recommend that kids need 9 to 10 hours of sleep a night because of biological changes.

It is very difficult to pay attention in class if kids are sleepy first thing in the morning.

Parents can make sure that iPods, iPads are put away before bedtime, the TV and computer are turned off.

Intermediate students are not too old to have a set bedtime every night.

Students who stick to a set bedtime avoid late-night studying and learn to better schedule desired activities while still getting a good night's rest.





Eat Properly!

Research shows students do not think as well without a good breakfast and lunch.

It is more difficult to pay attention in class and to meet responsibilities of middle school.

Proper nutrition feeds both body and brain.

As parents, how can we make sure our kids are making good choices when we are not with them?





Set Priorities!

Education comes before the phone, computer, friends and fun.

Get the homework done! Schedule a time and enforce this time slot. As parents, we must ensure the work is completed before privileges are granted.

We must teach kids that school is a job.

Kids have the obligation to do the work necessary to succeed in the future.

Studying is an investment in the future.





Be Involved!

Children need love, affirmation, encouragement, discipline and so much more.

Keep up with what/how kids are doing in school.

Parental involvement improves academic performance and better decision making.

Help nurture a healthy mind as well as providing for the body.

Have your kids do a timesheet everyday with task on it. This is a great way to monitor that they are on task.





Listen

Explore

Applaud

Develop





Reflection

Write down three ways you can support your child with setting goals balancing their academics and activities this year.



Congratulations.
You're Ready!

Next Month

October 17, 2015

9-11AM KMPC

**“Financing College 101 & College Tours:
What All Parents Should Ask”**

