

SCPS High School Gifted Education

January 2021

Think, Plan, Action! Goal Setting in 2021

We definitely maneuvered uncharted territory in 2020. We learned many lessons from what 2020 threw at us: we taught students through computers, students taught us through computers, we learned to laugh at our biggest blunders, we learned to celebrate even the smallest of victories, and we learned to take many, many deep breaths. With all the lessons learned, we should not be shy about taking on new challenges. We have definitely learned that imperfection can be powerful. So now is the perfect time to set new goals for ourselves to ensure we continue to grow (and not just in our pant size!). We would love our students (and parents) to begin thinking of goals to help them stay focused and in turn, make better decisions about what they want to accomplish and how to accomplish it--be thoughtful and purposeful. With that in mind, we would like to share resources that will help everyone set new (or old), attainable goals to make the coming year a time of celebration and success!

Happy New Year!

~the SCPS High School Gifted Instructional Team



Hope for the New Year

As we enter 2021 with fresh hope, we can begin assessing our strengths and weaknesses to take charge of our learning and our future. Researchers have found that students who set goals are more successful. As parents, we can model goal setting and model persistence in achieving these goals. In the following article, read more about why the NAGC believes gifted students should set goals.

You Gotta Have Hope...

www.nagc.org

Hope is one of many positive psychological constructs that contribute to a person's well-being. It is goal directed and it is the link between goals dreamed today and goals attained in the future. Hopeful individuals view themselves as being able to create paths to achieve their goals; they initiate steps toward achieving goals and sustain their course along a route to success.

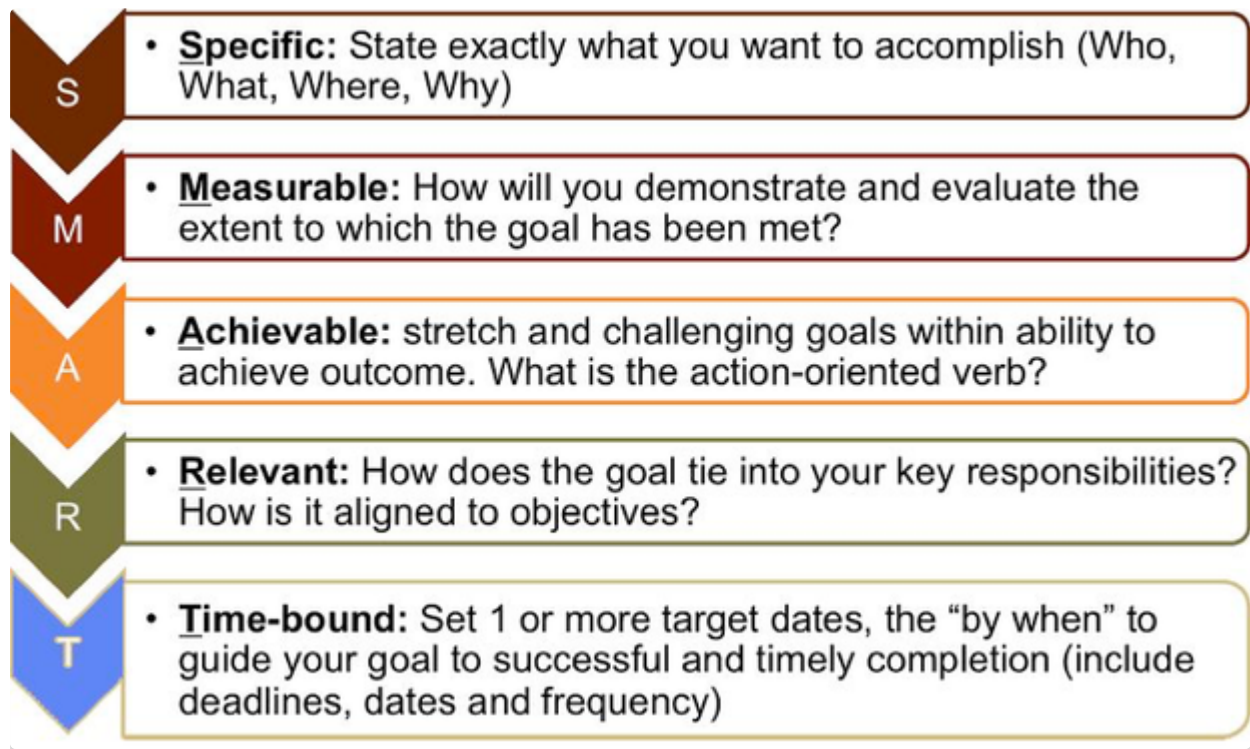
THE VALUE OF HELPING STUDENTS SET GOALS

Knowing how to set the right goals is critical for success. Read the article below by Matthew Lynch to set SMART, attainable goals.



The Value of Helping...

www.theedadvocate.org



Is developing better study habits a goal? Listen to this...

High school junior Yana Savitsky shares how the Pomodoro method changed the way she thinks and acts towards her work.

How a student changed her study habits by setting goals and managing time
| Yana Savitsky | TEDxLFHS



Personal Goal Setting



Global #gtc...

globalgtchatpoweredbytagt.wordpress.com

... the pulse of the gifted community.

Fitness Goals and Asking for Help

Every year people make the "get into better shape" resolution. But how many of us follow through and make lifestyle changes to make sure we get into shape, and if we are lucky to achieve that goal, actually maintain it. We need to make sure we surround ourselves with people who will hold us accountable and help us reach our goals. Listen to high schooler Madeline Wood share her experience with goal setting.

The Dream Doesn't Work Unless You Do: Goal Setting | Madeline Wood | TEDxYouth@KCVI

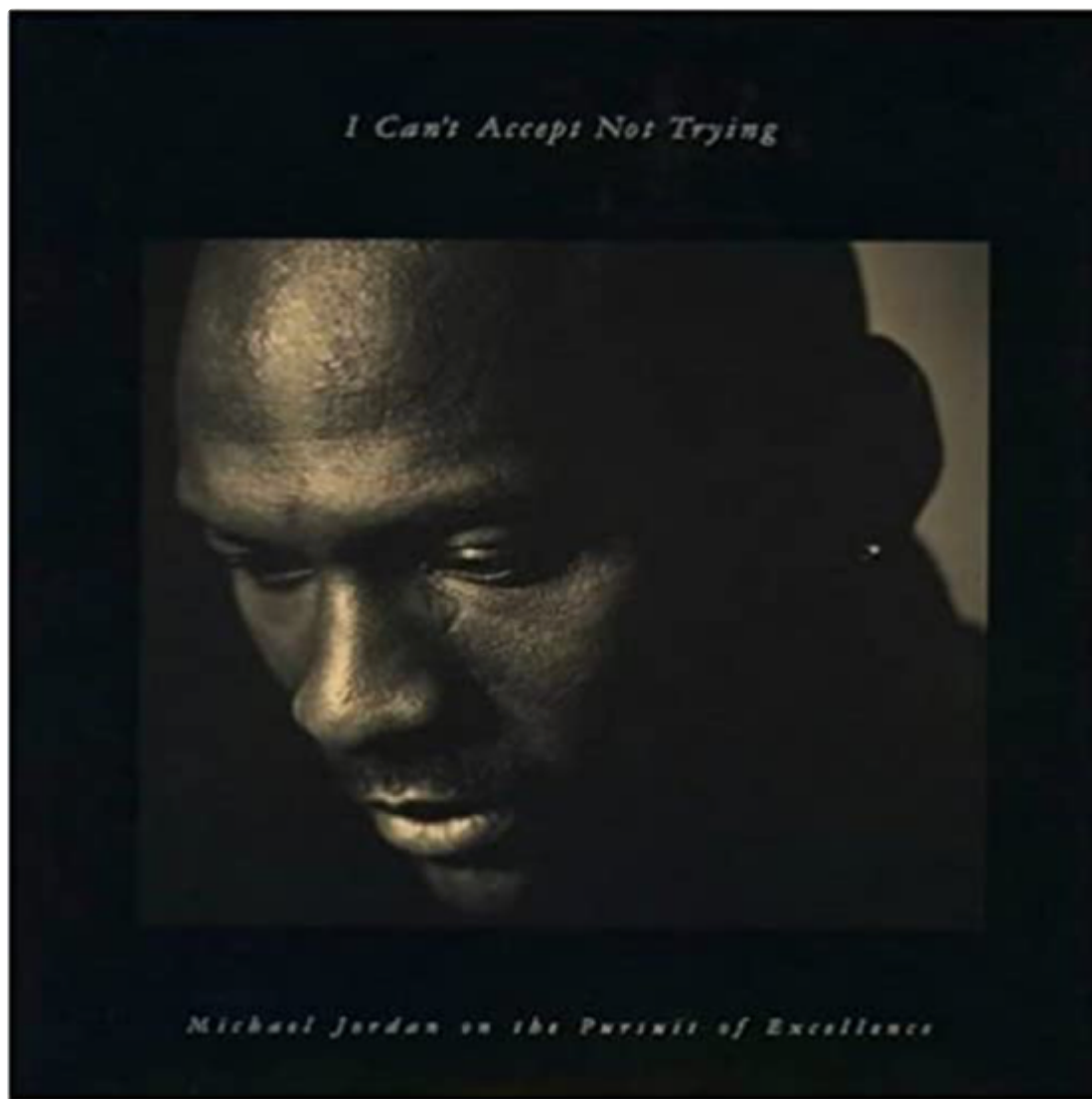


Excellent Read for Goal Setting

In his book, *I Can't Accept Not Trying: Michael Jordan on the Pursuit of Excellence*, Michael Jordan writes:

I approach everything step by step....I had always set short-term goals. As I look back, each one of the steps or successes led to the next one. When I got cut from the varsity team as a sophomore in high school, I learned something. I knew I never wanted to feel that bad again....So I set a goal of becoming a starter on the varsity. That's what I focused on all summer. When I worked on my game, that's what I thought about. When it happened, I set another goal, a reasonable, manageable goal that I could realistically achieve if I worked hard enough....I guess I approached it with the end in mind. I knew exactly where I wanted to go, and I focused on getting there. As I reached those goals, they built on one another. I gained a little confidence every time I came through

Michael Jordan is a perfect example of someone who set goals and demonstrated what hard work and focus can achieve.



Goal Setting Form



Goal Setting.pdf



Download

12.8 KB

Time Management Tips for School Students

Goal setting

Students who set exciting goals invest their time in ways that lead to achieving those goals.

Reduce distractions

Put away unnecessary devices such as mobile phones, and switch off social media notifications.

Reward achievement

When students achieve goals, it's important they're rewarded for their efforts in managing their time effectively.

Set time limits

Allocate specific times to tasks and then stick to those times. When time runs out, move on to the next task.

Have a clock nearby

Make sure you have a clock close by to monitor your time and set deadlines.

Master schedule

Block out chunks of time for study and assignments in addition to extracurricular activities and work commitments.



Service to Others as a 2021 Goal

We all want to help others, but this pandemic has made it difficult to fulfill this goal. Various organizations, however, are providing their services virtually. Call an organization that is of interest and see how they are providing their services during the pandemic. Big Brothers Big Sisters is providing services virtually as is Stafford Junction Brain Builders (tutoring).

Home - Big Brothers...

www.bbbsfred.org

Our mission is to create and support one-to-one mentoring relationships that ignite the power and promise of youth. You can help by donating or volunteering to help children in your local community.

Brain Builders – Sta...

staffordjunction.org



High School Gifted Instructional Team

Kevin Bouffard (BPHS) bouffardkj@staffordschools.net

Feli Cardenas (NSHS) cardenasfh@staffordschools.net

Susan Easter (CFHS) eastersl@staffordschools.net

Kali Hamill (MVHS) hamillkm@staffordschools.net

Helga Purnell (SHS) purnellhj@staffordschools.net

Stephenie Fellingner (SCPS Gifted Facilitator)

fellingnersl@staffordschools.net

