

Self-Care Monthly

January 2021!

New Year – New Opportunities



How appropriate is it that our SEL topics for this month are **Self-Motivation** and **Goal Setting**. You have probably created or perhaps already broken some New Year's resolutions. Don't stress, you are not alone! According to a survey provided by finder.com, an estimated 23.1 million Americans — or 12.23% of all Americans with resolutions — don't believe that meeting their resolution is within reach. With so many great intentions, why the small numbers?? According to recent research, a student's ability to set and achieve



goals is linked to higher success, increased job and academic retention rates, and promotes greater well-being in adulthood.

Goal setting is also a large component of self-management and is considered critical to a student's academic and social success.

Setting S.M.A.R.T goals is a strategy that has been used for years in business development. It's an acronym that helps people remember how to be productive when setting goals.



As teachers discuss Goal Setting this month, please be sure to encourage your students to stay motivated throughout the process! With your leadership, we can assist your students as they move forward towards their ultimate goal of becoming more independent!!

Find more at - [Empowering Education](#) "Student New Year's Resolutions in the Classroom" Read the full article [here](#).

Check out this video from Lifehack for more information on setting S.M.A.R.T Goals. Click [here](#) to watch!

Announcements

➤ MLK Day
1.18.2021 – No School

This Month in Self- Care

Self-Motivation
&
Goal Setting

➤ Coming in February
Self - Confidence

S.M.A.R.T GOAL STEPS:

1. Specific
2. Measureable
3. Achievable
4. Relevant
5. Timely