



COUNSELOR'S CORNER



St. Leo the Great
Catholic School

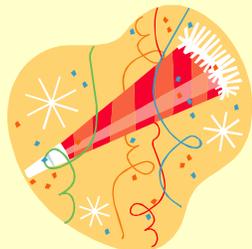
January 2012

Ring in the New Year with Goal Setting!

New Year's Resolutions

Resolutions for the new year don't just have to be for the grown-ups. Get your kids involved! New Year's Resolutions are a great way to teach your children the importance of setting goals. Here are some examples of resolutions you can work on with your children:

- 1. I will be responsible when using the computer.** I will not give out any personal information like my full name, birth date, address, phone number, or name of the school I currently attend. I will review Internet safety with my parents and abide by their rules.
- 2. I will keep my bedroom organized and my bed made.** I will put my dirty clothes in the laundry basket and hang my towel up in the bathroom. When I am done with one toy, I will clean it up before taking out the next one.
- 3. I will work on being polite and not responding to my parent's requests with a smart tongue.** I will remember my please, thank you, your welcome, and excuse me's. I will never say curse words or use the Lord's name in vain. I will show respect for my elders with my words.
- 4. I will do my best in school.** I will hand in my homework on time and not wait until the night before my science fair project is due to start working on it. If I need extra help with a subject, I will ask for help from my parents or teachers.



Goal Setting

Goals are important because they provide a sense of direction, purpose, and meaning for our lives. When setting goals, remember the following:

Goals are Important

You will be much more willing to work hard at achieving goals that are important and meaningful. Don't allow others to set goals for you.

Goals are Clear

Goals should be clearly defined, not general or vague. Setting the goal, "I will make all A's and B's on my next report card" is much clearer than, "I will improve my grades." Be sure to create a timetable for accomplishing your goals.

Goals are Achievable

Set goals that are within your power to achieve them. Many people make the mistake of setting unrealistic goals in the first place, and then they are sorely disappointed with the results. However, don't be afraid to hold yourself to high standards and expectations.

Goals are Measurable

Set goals that are able to be measured. You need to have some standard by which to track your progress.

January is HONESTY Month

Encouraging Honesty

Model honesty for your child. If you lie to your children or they overhear you lie to someone else, they think it is acceptable behavior.

Encourage your child to tell the truth and to share their thoughts and feelings with you. If they know they can be honest with you about what's on their mind without you getting mad or critical, they see that honesty is the best approach.

Avoid questions that make it easy for kids to lie. If you already know your child did not clean his room, don't ask "Did you clean your room?" This question encourages kids to lie to stay out of trouble. Instead simply say, "Please clean your room."

Be mindful of little white lies, how you use them and how you explain them to your child. You don't want your child to be so honest that she hurts someone's feelings. Even if she hates the dress her grandma made for her, she needs to learn how to say something generic instead of being brutally honest.

Give praise when your child tells the truth, particularly if you've reprimanded him before for lying. Praise boosts self confidence and encourages positive behavior.

Don't lose your temper when your child lies. Remain calm and explain why you are upset with the lie.

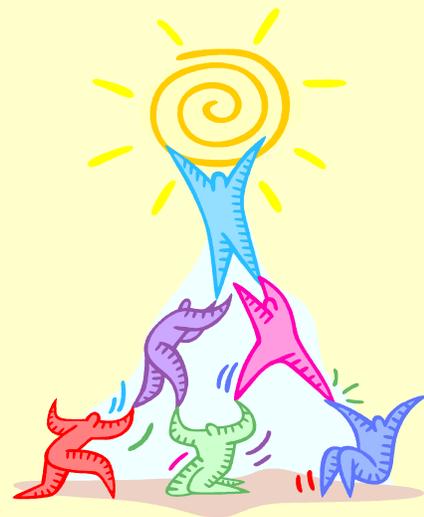
How to be Trustworthy

Trustworthiness and honesty go hand in hand. Here are some tips on being a trustworthy person:

- Be Honest... don't lie, cheat, or steal.
- Be Reliable... keep your promises and follow through on your commitments.
- Have the Courage... to do what is right, even when it seems difficult.
- Be a good friend... and don't betray a trust.

Honesty is the cornerstone of all success, without which confidence and ability to perform shall cease to exist.

-- Mary Kay Ash



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