

## The Travell Counselor's Corner



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### January: Happy New School Year!

The new year gives us a chance to stop and reflect on the achievements, challenges, and memorable moments of the past 12 months. It also gives us a chance to **look ahead** and envision new goals we might set for ourselves.

**Growth mindset** is something we feel passionately about here at Travell, and it is something that we foster continuously throughout the school year. However, January is always a good time to pause and take that extra minute to be very intentional with our words and actions.

Below you will find just a few examples of **kid friendly** resolutions:

- Learn and embrace a new chore
- Have a screen-free weekend every month
- Eat at least 2 fruits and/or veggies each day
- Keep a consistent bedtime
- Find one new active hobby
- Read one book per week

One great thing about these resolutions is that adults can join in on them as well! Sharing a goal with someone, especially your child, can help increase accountability for all involved. Making sure to model for and follow up with children regularly is critical in instilling the importance of goal setting and growth mindset. **Remember:** A growth mindset can be summarized quickly by the phrase *"I cannot/I have not been able to achieve this- **yet!**"*

It is important to **proactively** discuss roadblocks to achieving our goals, as well as unanticipated obstacles that might appear throughout the year. It is also a good idea to mention that goals can (and should!) be revised accordingly at various points. Goals that might take longer to achieve should be broken into smaller ones that will allow children to see success more quickly, feel the benefits and rewards of these successes and in turn, develop their **intrinsic** motivation!

However, *no matter how well devised our plan*, there will inevitably be days where we fall short. In these moments, it can be easy to say "Forget it! I will try to start again next month." But, **every day** is a new opportunity. And remember, setting the standard low enough to **allow for success** is always more beneficial than setting a lofty bar so high we only feel discouragement.

This can look like adding things to your "To-Do" list that you are (near) certain you will accomplish such as "get dressed", "drop off the kids", or even something as simple as "wake up"! It may seem silly to jot down these types of items when you need no reminders to complete them. However, think about how it might feel when by mid-morning you already have several tasks crossed off! Much better than that feeling of "Oh my goodness, it is already 11 Am, and what have I done today?" **Give it a try**, and as always, don't be afraid to give this idea a whirl with your children. Allow the visual to deepen their sense of **pride** and deliver the boost they need to *fly past* that standard you set 😊.

