Mentor Meeting
September 17, 2015

Topic: “Goal Setting with Children”
Presented by: Patti Kretschman, Internship Manager, City Charter

S.M.A.R.T. Goals

Specific
Should be clear about what you want to happen

Measurable
Should be able to track your goal

Attainable
Should be able to achieve your goal

Relevant
Should be important to you

Timely
Should set a timeframe for your goal

Find positive ways to encourage your mentee when creating goals. It's ok to fall short when working to achieve goals, just dust it off and try again! Never use bribery to attain goals, instead use compliments!

Listen for these words. When children feel comfortable with an adult, they will often share their personal feelings, wishes, hopes and dreams!

Include you mentee in your own personal goal-setting. Share your childhood and personal frustrations and how you persevered through them.

SET AGE APPROPRIATE GOALS!

Be sure to focus on fun, small goals to help teach the value of goal setting and the benefits of reaching those goals!

And remember to set goals WITH them, NOT FOR them!

This is IMPORTANT! Find ways to visually track your mentees progress so they can see the transformation and changes their goals have made.

*Look for Apps you can use for Goal Tracking i.e. Be SMART, GoalTracker, Strides, Track My Goal

Look out for the 2016 Mentor Meeting Schedule
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