



Topic: "Goal Setting with Children"

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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

Applaud Effort!

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!

I WISH!

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

Be the Example!

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

Track Progress!

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

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!

Look out for the **2016 Mentor Meeting Schedule**

Don't Miss the Next One! Sign-up for email alerts, phone calls or snail mail TODAY!!!

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