

COUNSELING DEPARTMENT

The New Year Brings a New Vision Within the Pine Valley School Counseling Department



We are happy to announce the addition of a school counselor to the Pine Valley family. Alexis Smith has joined Amanda Miller and Shane Gallivan in supporting students in both the elementary school and the junior/senior high school. With this addition came a re-assignment of the school counselor responsibilities to best serve our students and families. Mr. Gallivan will be aligned to students with odd graduation years. Miss Smith will be aligned to students with even graduation years. This allows them to follow student cohorts up through graduation.

Our school counselors focus on the whole child and work in collaboration with all school stakeholders with the goal of providing academic, social, and emotional support. The school counselors will be working with students through counseling, consultation, behavior modification, classroom lessons, group meetings, and other interventions when necessary. If you have any questions or concerns regarding your child, please don't hesitate to reach out to the counseling team. Parents are essential partners in supporting student success. Please reference the grade level assignments when planning to contact a counselor.

School Counselor	Grade Level	Phone Number
Amanda Miller	K-4	988-3291 ext. 3322
Shane Gallivan	6, 8, 10, 12	988-3276 ext. 4310 (HS) 988-3291 ext. 3405 (ES) Thursday Only
Alexis Smith	5, 7, 9, 11	988-3276 ext. 4335 (HS) 988-3291 ext. 3405 (ES) Tuesday Only

New Year... New Ways to Set Goals!

2021 is here! Traditionally, when a new year begins so do new year resolutions. One of the many ways to help keep your resolutions going all year is by having realistic, measurable goals. This may be harder than we think and that's why having a strategy to setting goals can make the goals easier to achieve!

Definition of a Goal:

The result or achievement toward which effort is directed.

Difference between Short-term and Long-term Goals:

Short-term goals are:

- Set to achieve something in the near future
- Building blocks to organize your current responsibilities and lifestyle
- Set to make larger, more complicated goals more manageable
- Steppingstones to reaching long term goals
- Encouragers to make continual progress and build confidence.

Long-term goals are:

- Set to achieve aspirations for the distant future
- Building blocks for creating direction in life plans
- Often based on values and intentions of future plans
- Best achieved when a plan is created by completing each short-term goal
- A balanced strategy that involved many, if not all, aspects of life.

How to Make Realistic Goals that can be Achieved!

One way of making realistic goals that are achievable is the SMART method which can help you organize your approach in setting the best goals for you!

- **S**pecific: Having a more specific goal can help you know exactly what you need to do in order to succeed. The more depth your goal has, the more guidance you can have.
 - Nonspecific Goal: "I want to go to college."
 - Specific Goal: "I want to go to college at a four-year university and major in Chemistry."
- **M**asurable: A goal that is measurable means that it is based on some type of metric.
 - Unmeasurable Goal: "I want to be a better runner."
 - Measurable Goal: "I want to decrease my mile run time by 2 minutes."
- **A**ttainable: An attainable goal is one that you can achieve because it is based on your strengths and abilities while being mindful of your weaknesses/limitations. To make the goal more attainable, break down larger goals into several smaller goals.
 - Unattainable Goal: "I don't know how to cook, but I'm going to open a restaurant in 6 months."
 - Attainable Goal: "I am going to apply to a culinary school to learn how to cook and when I graduate, I am going to be an apprentice for a chef."
- **R**elevant: Each step of the goal setting process matters so the more relevant each step is, the more efficient you can be at reaching your goal.
 - Irrelevant Step: "I want to become a Forensic Scientist, so I am going to spend all of my time studying football."
 - Relevant Goal: "I am going to study forensics and other related sciences in high school so that I am more prepared for my major in college."
- **T**ime-bound: Adding a time constraint can help in keeping yourself accountable, when a goal is time based it creates a prioritized timeline of when to achieve each goal, making the process less stressful.
 - Non Time-bound Goal: "I'm going to finish that book I started reading."
 - Time-bound Goal: "I am going to read 10 pages per day so I can finish my book in 2 months."

<https://www.independence.edu/blog/set-realistic-goals>

The Benefits of Setting Goals!

- **MOTIVATION!** Goals can keep you motivated to keep working towards your dreams even when you experience some setbacks!
- **DIRECTION!** Goals can provide direction when it's hard to focus and lead you on the path to success!
- **CONFIDENCE!** Setting and achieving realistic goals can build your confidence because it feels great to work hard towards something and have your work pay off!
- **CHANGED PRIORITIES!** Goals provide a step-by-step action plan of how to make the change you are prioritizing and achieve that change more effectively.
- **EXPECTATIONS!** Goals come with expectations and the more that you evaluate your goals to determine how they are realistic, the better understanding you will have of what to expect of yourself and the environment around you.
- **DECISION MAKING!** Goals can help you to get organized, manage tasks, and determine what tasks need completed, all of which require decision making. The more goals you set and achieve means the better you can become at making decisions.
- **HEALTH!** Goals can help with managing your health, mentally, physically, emotionally, and socially. As you reach your goals, your confidence will grow and you will expect more of yourself because you have the understanding of what you are capable of.
- **COLLEGE AND CAREER READINESS!** Setting goals and recognizing their benefits are life skills that are crucial for getting prepared for college and careers. When you are in college, trade school, and/or a career having goals can allow for you to progress in your program or field and become a more successful professional.

<https://blog.getthealthie.com/2019/07/11/9-benefits-to-goal-setting-for-client-success/>