

# School Counsellor Newsletter



## Goal Setting

Edition Three

**“People with goals succeed because they know where they’re going.”**

Earl Nightingale (1950s author and radio host)

**“By writing down your goals you are 42% more likely to achieve them”**

Dr. Gail Matthews (psychology professor)

Last week’s newsletter looked at starting this term with a physical wellbeing check in. Just as important is an emotional wellbeing check in.

One way to support our emotional wellbeing is to think about goal setting, in particular how we set goals and appreciating the fact that there are different types of goals.

As you support your son to set goals for upcoming tests and examinations, performances, speeches, new activities and challenges it could be very useful to sit down and help him to do this.

It would also be useful for him understand the difference between Performance Based Goals and Outcome Based Goals. You might like to sit down and make some goals together!

### Performance Based Goals

- Controlled by the individual
- A useful goal as it allows for reflection on progress you have made
- Not as likely to be compared to the goals of others as performance based goals are unique to each individual and based on their needs
- For example: To have created a useful study plan for the first time; to have discovered ways to keep calm before a sports game or performance; to develop better understanding of punctuation and pronouns so that I feel more confident about using them in my writing.

### Outcome Based Goals

- Largely controlled by others eg. placing at the end of a race versus setting a goal time or personal best
- A fixed goal with less chance for reflection
- Easily compared to the goals of others which is not always helpful eg. comparing grades after an examination
- For example: To pass the examination; to win.

For useful tips on how to help your son choose his goals, think about their purpose, make steps to achieve their goals and brainstorm possible obstacles click [here](#).



## Jenelle Hooson

**Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).**

If you wish to discuss the services the school counsellor can provide please see your son’s homeroom teacher or Amos Pilgrim  
amos.pilgrim@medbury.school.nz.