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North Canton ATA Martial Arts

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MONTHLY THEME: Goals in Education

Upcoming Events

A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish and not a goal. This month we want to set goals for our education. What are your goals in your schooling for 2010? Maybe you'd like to be faster at your math facts, better at spelling or a neater writer. What will your goal after that be?

Setting goals and writing them down is the first step to being successful in all areas of life. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later saying, "That really wasn't what I wanted anyway." One of the most effective ways to achieve what you want is to set a **S.M.A.R.T.** goal. The letters of **S.M.A.R.T.** each stand for a word. Using the system below, you can set a goal and make a plan to help you reach it.

S- Specific: If someone offered to buy you a lollipop, and you didn't tell them what kind, you may not get one you liked. Perhaps you tell them you want a red one. You still might not get the one you wanted because red lollipops could be cherry, strawberry, watermelon, raspberry or fruit punch! Stating you'd like a cherry lollipop is specific, and it gets you what you want. Just saying, "I want to be better at School", won't really help you achieve what you want. Do you better attendance? Neater handwriting? Better spelling? If you are not specific, it will be hard to figure out what to work on to achieve your goal.

M- Motivating: You need to choose a goal that you'll be excited to achieve. Maybe your goal is to get all A's on your next report card. You may be motivated to get to that goal because getting A's makes you feel special, makes mom and dad very proud or maybe it earns you a special reward at home. If you don't have a reason that makes you want to get to your goal, it will be much harder to get to it.

A- Achievable: If I set a goal that I would like to jump 3974 feet straight up in the air and sidekick, I may have a problem reaching it. Sure, it's pretty specific. And I may REALLY want to be able to jump that high and be motivated to do so. The problem is that I picked a goal that isn't able to be reached. Human beings cannot physically jump up that high, and even if we could, we'd probably get hurt when we landed! It's important to pick a goal that is actually possible to reach. Your goal can be a short range one, that you can complete in one day, or maybe in one class. It could be a mid-range goal that takes you a few days or even a few weeks. You could even have a long range goal that takes months or even years to complete., like graduating from High School or College!

R- Relevant: If my goal is to bring up my math grade from a C to a B, it won't do me much good to watch Nickelodeon for an hour each day. Your plan to reach your goal has to be a way to make your goal happen. If I want to bring my grade up, maybe my plan should include quizzing myself math facts for at least 5 minutes each day while get dressed in the morning or brushing my teeth and by having mom or dad give me problems to do while in the car or waiting in line at the store. Both of those activities will help me remember my math facts better, so they are relevant, or about my goal.

T- Trackable: There has to be a way for you to see how close you are getting to your goal, or to see if you have reached it. This is especially important if your goal is a long range goal, or one that takes a long time to be able to achieve. By writing down or checking off your progress, you'll know if you are working towards your goal, or if you're standing still. Your scores on tests and homework can help give you an idea of the progress you are making before you get your report card. Making a sticker reward chart at home that you mark each time you get an A can also help you see your progress!

Count how many stars you need in order to earn your next Victory Patch. You can earn those stars by doing your Blue Star Worksheets, bringing in report cards and special awards, good job notes from home or school!

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Did you know?

The actual name (and art) of Taekwondo wasn't official until 1955. At that time Korean General Hong Hi Choi organized a movement to unify Korea's various martial arts styles (Called Kwans) and presented the name "Taekwondo" to a committee specially formed to select a name for the new art. On April 11, 1955, Taekwondo was recognized as the name for the newly unified, officially recognized Korean martial art.