

Goal Setting for The New Year!

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Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared as an anonymous transcript
- To ask a question, please type it in the chat box

Goals are...

- 🎯 Dreams
- 🎯 Possibilities
- 🎯 Missions
- 🎯 Objectives



... That we haven't done ***YET!***

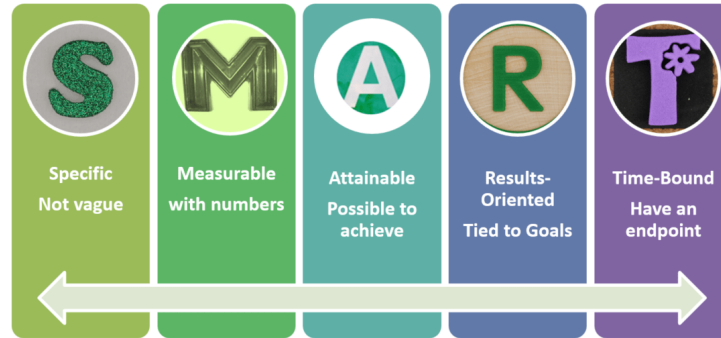
Goals can be...

- 🎯 Big or small
- 🎯 achieved quickly, or take a long time
- 🎯 academic, social, personal, professional, (endless possibilities)
- 🎯 goals we set up for ourselves, or
- 🎯 goals that other people set up for us.



Setting up goals for your student or child..

🎯 What is something that can be accomplished

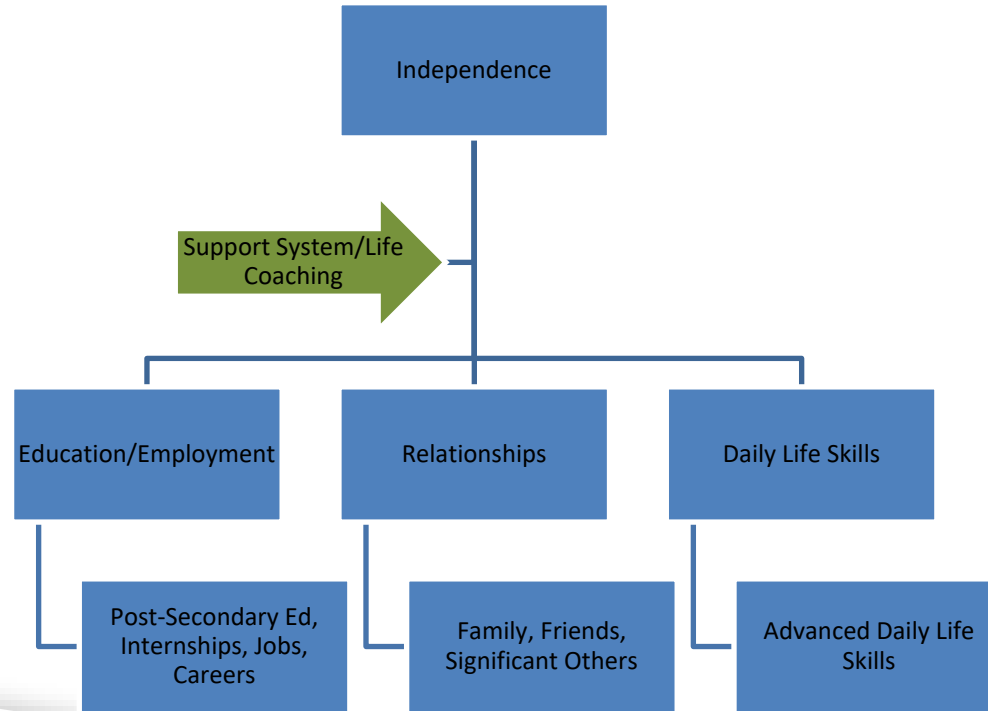


🎯 What is motivating to your student/child

🎯 What are their strengths

- 🎯 What will be the “value added” if this goal is met?
- 🎯 How will you know it is met?
- 🎯 How will your student/child feel if they meet the goal?

Things to keep in mind...



Goals for yourself...

- 🎯 Challenge yourself to challenge your students/child
- 🎯 Make sure you set a goal for self-care
- 🎯 Remember to “check-in” with yourself
- 🎯 Create a habit of setting and reaching your goals
- 🎯 Expect to meet your goals
- 🎯 Reinforce yourself!



Goal setting templates for students

My SMART Goal

I will _____

by _____. I'll reach my goal by _____

Name _____

Date _____

I'm a superhero and I will reach my goal!



My goal for _____ is _____

These are some things I will do to get to my goal.

1. _____
2. _____
3. _____
4. _____

21 DAYS TO BREAK A HABIT: IN THREE TEENY TINY WEEKS, I WILL STOP: _____

ACCOUNTABILITY: _____ **BAD HABIT** ↑

WHERE, WHEN & WHY AM I DOING WHAT I AM DOING? _____

I AM ESPECIALLY SUSCEPTIBLE: _____



REPLACEMENT HABIT: _____

COUNT DOWN THE DAYS TO SUCCESS:

<input type="checkbox"/> TWENTY-ONE	<input type="checkbox"/> EIGHTEEN	<input type="checkbox"/> FIFTEEN	<input type="checkbox"/> TWELVE	<input type="checkbox"/> NINE	<input type="checkbox"/> SIX	<input type="checkbox"/> THREE
<input type="checkbox"/> TWENTY	<input type="checkbox"/> SEVENTEEN	<input type="checkbox"/> FOURTEEN	<input type="checkbox"/> ELEVEN	<input type="checkbox"/> EIGHT	<input type="checkbox"/> FIVE	<input type="checkbox"/> TWO
<input type="checkbox"/> NINETEEN	<input type="checkbox"/> SIXTEEN	<input type="checkbox"/> THIRTEEN	<input type="checkbox"/> TEN	<input type="checkbox"/> SEVEN	<input type="checkbox"/> FOUR	<input type="checkbox"/> ONE

MY REWARD: _____

LiveChat



Upcoming Topics

Date	Topic	Presenter
February 11,2021	Autism and the Black Family	Maria Davis-Pierre
February 18,2021	Women on the Spectrum: The Gender Voyage	Brigid Rankowski
February 25, 2021	Continuing to Lead the Way in Virginia Public Schools with Positive Practices in Distance Learning for Students with ASD	Teresa Cogar and Lauren Vetere --

For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu

Zoom Registration Information:

<https://vcuautismcenter.org/te/lunchandlearn.cfm>