

# DATA SCHOOL COUNSELING

◦ Monthly Newsletter ◦

November 2021

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## HOW TO BE SUCCESSFUL IN MIDDLE SCHOOL



## S.M.A.R.T. GOALS

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One important aspect of staying successful in middle school is to create goals and accomplish them to the best of your ability!

### S = SPECIFIC

You will want to be specific with your goals!

### M = MEASURABLE

Track your progress and stay motivated!

### A = ACHIEVABLE

You want the goal to be possible!

### R = REALISTIC

You are responsible for achieving this goal!

### T = TIME - BOUND

Every goal needs a target date!



## WHAT IS YOUR S.M.A.R.T. GOAL?



# DEVELOPING A GROWTH MINDSET

**INSTEAD OF...**

**SAY THIS...**

<b>I'M NOT GOOD AT THIS</b>	<b>WHAT AM I MISSING?</b>
<b>I GIVE UP</b>	<b>I'LL USE A DIFFERENT STRATEGY</b>
<b>IT'S GOOD ENOUGH</b>	<b>IS THIS REALLY MY BEST WORK?</b>
<b>THIS IS TOO HARD</b>	<b>THIS MAY TAKE SOME TIME</b>
<b>I JUST CAN'T DO THIS</b>	<b>I AM GOING TO TRAIN MY BRAIN</b>
<b>I'LL NEVER BE SMART</b>	<b>I WILL LEARN HOW TO DO THIS</b>

Growth mindset describes a way of viewing challenges and setbacks. People who have a growth mindset believe that even if they struggle with certain skills, their abilities aren't set in stone. They think that with work, their skills can improve over time and their mindset may change over time. Creating a healthy growth mindset will set you up for successful middle school career.

**UPCOMING PARENT MEETINGS**  
 ELAC Meeting - November 16th  
 6:00pm (Via Zoom)  
 Discover DATA - November 17th  
 6:00pm DATA Campus

**UPCOMING IMPORTANT DATES**  
**Parent Conferences:**  
 November 8th - November 15th  
**Veterans Day - No School:**  
 November 11th  
**Saturday School:** November 13th

**COUNSELOR QUESTIONS?**  
 Please use the Parent & Student Appointment link:  
<https://bit.ly/2FcVnkU>

**STUDENT SCHOOL- WIDE MONTHLY THEME:**  
**COOPERATION**



As School Counselors, we maintain strict confidentiality in all of our interactions. All meetings held with school counselors will remain confidential unless the student gives permission to share information with related parties. However, circumstances do arise where we must disclose information to appropriate professionals. Reasons for breaking confidentiality are but not limited to: a student is in danger of harming themselves, harming another individual, or being harmed by others.