



## GOAL SETTING

**With every new year there is an opportunity to set new goals, both in learning and in life.**

It is important to reflect on last year, and consider what was achieved and what is yet to be achieved. Year 7 have started the year well and are starting to get their first assessments. Year 8 are finding the rhythm of Senior School and learning. Year 9 have started a more personalised learning journey by their selection of elective subjects.

In these middle years of schooling, it is important to remember that it is never too early (or late) to set goals for improvement. A goal might be to become more organised, or be a more active listener in conversations with friends, or to improve subject knowledge, or be more confident when speaking in front of others, or maybe something else. Whatever the goal, remember to be SMART about it. Make sure the goal is Specific, Measurable, Achievable, Relevant and Time-based.

As teachers, we love to help students grow and realise their goals. Students can speak with a Pastoral Care teacher or a subject teacher to help them develop smart goals and identify the strategies to help them achieve them.

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