

Welcome to Classroom Champions' first topic of the year- Goal Setting! Classroom Champions athlete mentors are experts on this topic, using it daily in their pursuit of excellence in the sport. Their video lessons will include explanations of what a goal is, why goal setting skills are important and how to devise a plan to reach goals. athlete mentors will challenge your child to set their own goals and share them with you!



Students are more likely to feel they can succeed both in and out of school when they are motivated. Creating a goal setting plan and having teacher, mentor and parent support means the possibilities are endless.

Ask your child about Goal Setting

- Why is it important to have goals in life?
- What is the difference between a long term goal and a short term goal?
- What is a goal that you have set for the school year?
- What are some steps you will need to take to accomplish your goal?
- Who will help you with reaching your goal?

Tell your story

Your child might be interested in hearing about what you goals you had as a student, and what goals you still want to accomplish. Take some time to share about the steps you took to achieve those goals and how you felt. To further your discussion, you could share about people you admire for reaching their goals.

91% of students said that Classroom Champions helped them learn how to accomplish their goals.