

The Travell Counselor's Corner



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January: Happy New School Year!



The new year gives us a chance to stop and reflect on the achievements, challenges, and memorable moments of the past 12 months. It also gives us a chance to think about new goals we might set for ourselves.

Growth mindset is something we feel passionately about here at Travell, and it is something that we foster continuously throughout the school year. However, January is always a good time to pause and take an extra minute to be very intentional with our words and actions.

Did you know?...

It takes 18 to 254 days for a person to form a new habit. This is quite a range, but also encouraging as we know that if we stick to our goals, we will eventually get there (even if it takes 254 days!)

Below you will find just a few examples of kid friendly resolutions:

- Learn to do a new chore
- Have a screen-free weekend
- Eat at least 2 fruits and/or veggies each day
- Keep a consistent bedtime
- Find one new active hobby
- Read one book per month

One great thing about these resolutions is that adults can join in on them as well! Sharing a goal with someone, especially your child, can help increase accountability for all involved. Making sure to model for and follow up with children regularly is critical in instilling the importance of goal setting and growth mindset. Remember, a growth mindset can be summarized quickly by the phrase “ I cannot/I have not been able to achieve this- yet!”

It is important to proactively discuss roadblocks to achieving our goals, as well as unanticipated obstacles that might appear throughout the year. It is also a good idea to mention that goals can (and should!) be revised accordingly at various points. Goals that might take longer to achieve should be broken into smaller ones that will allow children to see success more quickly, feel the benefits and rewards of these successes and in turn, develop their intrinsic motivation!