**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**5th Grade Expectations for Skills for Learning**

**Students will know how to set a SMART goal; Specific, Measurable, Attainable, Relevant, Time-bound.**

**What you can do at home to help your child**

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| **Goal-Setting** | **♦ Ask about goals your child set at school. Encourage persistence in reaching the goals.****♦ Ask your child about the steps in a SMART goal. Discuss why each step is important.****♦ Tell your child goals you’ve set and how you used the SMART goal steps to reach them.****♦ Set a SMART goal together and work to reach your goal. Discuss how it feels to reach a goal.** |
| **Homework Tips** | **♦ Set up a quiet place, away from distractions, for homework.****♦ Agree on time for homework each day.****♦ Have materials available (paper, pencils, etc.).****♦ Talk about different ways to study for a test.** |

Contact your Elementary School Counselor for more ideas