

Here to help you take great care of your kids: The *Parent* Page

Set Goals For School Success

Having goals is important in everyday life—it helps give a sense of direction and purpose, and it sets bars by which we can navigate almost everything that we do. But nowhere is goal-setting more important than in school.

Setting academic goals can be challenging for students—most students merely exist from day to day, from test to test, project to project without much thought to where they are going or where they currently are. This is not surprising as skills such as time management, organization, and goal setting are not taught in schools.

“Students usually just tread water. Setting goals helps them to see a bigger picture and set a target to aim for, which gives them an advantage over students who are simply staying afloat,” said Naghmeh Razmpoosh, Principal of Oxford Learning Center in Milton.

That’s why students need programs such as those offered at Oxford Learning. Students not only get the support they need in the day-to-day of school such as homework assistance, they develop key goal setting skills which help them make smarter and more well-informed decisions about school.

To set goals, students need to take a look at their current academic standing. Usually there is one area that could use special attention, such as science, math,

or completing homework. Before students begin setting goals, they should become familiar with Oxford Learning’s CAM rule for setting goals.

Oxford Learning’s CAM rule for setting goals: Goals need to be **Clear, Achievable, and Measurable**. Here’s how students can apply the CAM rule.

- **Clear:** Make specific goals that are not too broad in scope. The goal shouldn’t be “improve my science grade”, but “I want to understand the periodic table of elements and mitosis.”
- **Achievable:** Keep goals realistic. A “C-” student has a better chance of getting a “C+” on the next test than an “A”.
- **Measurable.** By setting a goal that has benchmarks, you can track success. Last week Mike only knew 3 periodic elements; this week he knows 10!

The CAM method for setting goals makes academic resolutions easy to keep. Students won’t get discouraged and abandon their resolutions because they can track their progress, no matter how minor the achievement is.

Contact Mrs. Naghmeh Razmpoosh at Oxford Learning Milton at 905-693-9978 or milton@oxfordlearning.com to get more information on how to help your child start this year off on the right foot. Inquire about our half-day and full-day educational and fun March break and summer camps.

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