

Boys & Girls Clubs of America

Parent Tips

Ten ways to help your child set and achieve goals

Ask any young person, “What do you want to be when you grow up?” and you’re likely to get answers ranging from computer technician, pediatrician, or astronaut to professional athlete, Hollywood star or college professor.

Parental involvement in a young person’s education through school, homework and other academic support can raise the student’s likelihood of achieving primarily A’s by over 20 percent.

Parents play a key role in supporting their child’s education by allowing them to strive for their dreams. A parent’s interest and commitment to their child’s education is the single most important indicator of future academic success. There are many things parents can do on a daily or weekly basis to show their children the importance and work involved in obtaining their dreams.

One vital key to unlocking the dreams of America’s youth is academic goal-setting that involves parents. Take the challenge of helping your children succeed by trying some of the following tips from Goals for Graduation and the JCPenney Afterschool Fund.

1. Discuss the importance of goals with your child.
2. With your child, set appropriate goals for him or her. Begin with two or three goals.
3. Develop a goal achievement plan – set a timeframe for completion, identify resources to support the attainment of the goal and obstacles to be overcome.
4. Together, create a step-by-step action plan for achieving each goal.
5. Recognize any and all progress through verbal praise or incentives.
6. Establish a regular time to talk about progress on goals.
7. Set family goals and work together to achieve them.
8. Be a positive role model. Share personal goals with your child and strategies for attainment.
9. Create a goal corner on your refrigerator or family bulletin board. Post a current goal for each family member in this space.
10. Talk to your child’s teacher. Make sure the goals you set support classroom efforts.

Without educational support from parents, many young people rise only as high as any low expectations the adults in their lives set for them. As a parent, you have the ability to help your child succeed in their academic pursuits and move closer to making their dreams a reality.