

# COUNSELOR'S CORNER

## Lickdale Elementary School

Laura Smith, Elementary School Guidance Counselor

### This Month in Guidance: Career Awareness- Part 2

As we enter the new year, students will continue the Career Awareness unit during monthly Guidance lessons. The following concepts will be discussed throughout grade levels:

- 1<sup>st</sup> Grade- Students will discuss jobs within our community and how each of these jobs help the community.
- 2<sup>nd</sup> Grade- Students will discuss their skills and interests, and how these concepts relate to career choice.
- 3<sup>rd</sup> Grade- Students will review various character traits and discuss why these qualities are important in the world of work and beyond.
- 4<sup>th</sup> & 5<sup>th</sup> Grade- Students will use the internet to research a career of interest.

**Please ask your student(s) the following questions to continue this discussion at home:**

- What are your skills and interests?
- What do you want to be when you grow up? What do you know about this job?
- How do you think your skills and interests might relate to a future career?
- What are you learning in school? How might these concepts relate to a future career?

#### Read About Career Awareness

What Shoes Will You Wear? By Julia Cook

When I Grow Up By Al Yankovic

Careers: The Ultimate Guide to Planning Your Future Published By DK

**Career Awareness Websites to Explore With Your Student(s)**

Career One Stop- [www.careeronestop.org](http://www.careeronestop.org)

O\*Net - [www.onetonline.org](http://www.onetonline.org)

My Next Move - [www.mynextmove.org](http://www.mynextmove.org)



**Please do not hesitate to contact me at any time!**

I work from Lickdale on Cycle Days 2 and 4. I can be reached by phone at Lickdale on these days at 717-865-4012, ext. 5020. I can also be reached by email at [lsmith@norleb.k12.pa.us](mailto:lsmith@norleb.k12.pa.us).

**Stay up to date with Mrs. Smith's Guidance announcements.**

Remind Class Code: @hg27h73

Twitter: @MrsSmith122

## January Guidance Lessons:

# Career Awareness



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### New Year Goal Setting

As we enter 2021, many of us will set resolutions/goals for the new year. We all have goals – or things we want to achieve. A child's goals may look different than ours. They may have a goal of learning to ride a bike, memorizing math facts or advance a level in his/her sport or activity. Regardless of what we want to accomplish, goal setting promotes important character traits, in addition to a consistent focus and the ability to use time wisely.

#### Why Is It Important For a Child to Set Goals?

A child with strong goal setting skills:

- Prioritizes things that need to be accomplished.
- Aspires to positive ambitions.
- Thinks about the steps needed to accomplish a goal.
- Stays focused on their goals until they have been accomplished



#### Goal Setting: Tips To Help Your Child

##### Start Small

The age of your child will determine exactly what kind of goals they will be able to set. Older children are able to set and work toward long-term goals, while younger children often need to start small with goals that can be accomplished quickly. Help your child set reasonable goals for their age.

##### Work Backward

Sit down with your child and determine the things they want to accomplish (as well as the things they need to accomplish). Then, "reverse engineer" an action plan, outlining each of the steps they will need to take in order to accomplish their goal(s).

##### Check-In

Check in with your child regularly to see how they are progressing toward their goals. If they are stuck, it may be time to rethink the action plan, or adjust the goal itself.

#### Did you know that Mrs. Smith has a Virtual Guidance Office?

To access this resource, open the Camera App on your smart device and scan the QR code. Feel free to review the attached resources with the entire family.

