

# Center Point Day Program *January 2023*

## Director's Corner

Happy New Year! We hope that everyone had a wonderful holiday season. As we begin the new year, we want to remind students to prioritize their personal goals. Our social emotional theme this month is goal-directed behavior, with a focus on wellness goals for Mental Wellness Month. Additionally, the end of the second marking period is just around the corner. Let's finish the school year strong and make 2024 our best year yet!

## Important Dates:

- ❄️ Jan. 12 - CLOSED
- ❄️ Jan. 15 - CLOSED
- ❄️ Jan. 18 - End of second marking period
- ❄️ Jan. 29 - Reward Day

**SEL Theme:** Goal-directed behavior  
**Awareness Month:** Mental Wellness Awareness

**Focus:** Wellness Goals





## What Does SMART Mean?

SMART is an acronym that you can use to guide your goal setting. Its criteria are commonly attributed to Peter Drucker's Management by Objectives concept. The first known use of the term occurs in the November 1981 issue of Management Review by George T. Doran.

### To make sure your goals are clear and reachable, each one should be:

- ❄️ Specific (simple, sensible, significant).
- ❄️ Measurable (meaningful, motivating).
- ❄️ Achievable (agreed, attainable).
- ❄️ Relevant (reasonable, realistic and resourced, results-based).
- ❄️ Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

#### 1. Specific

Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it.

- ❄️ What do I want to accomplish?
- ❄️ Why is this goal important?
- ❄️ Who is involved?
- ❄️ Where is it located?
- ❄️ Which resources or limits are involved?

#### 2. Measurable

It's important to have measurable goals, so that you can track your progress and stay motivated.

- ❄️ How much? How many?
- ❄️ How will I know when it is accomplished?

#### 3. Achievable

Your goal also needs to be realistic and attainable to be successful.

- ❄️ How can I accomplish this goal?
- ❄️ How realistic is the goal, based on other constraints, such as financial factors?

#### 4. Relevant

This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals.

- ❄️ Does this seem worthwhile?
- ❄️ Is this the right time?
- ❄️ Does this match our other efforts/needs?
- ❄️ Am I the right person to reach this goal?

#### 5. Time-bound

Every goal needs a target date, so that you have a deadline to focus on and something to work toward.

- ❄️ When?
- ❄️ What can I do six months from now?
- ❄️ What can I do six weeks from now?
- ❄️ What can I do today?



# Build up... or be quiet!

Diakon Youth Services has made arrangements to sell a variety of shirts and sweatshirts that reflect one of our program emphases on being positive: #BBQ, or Build Up or Be Quiet! These shirts were provided last year for students and staff members and were a big hit, with others more recently asking how they could obtain one.

As a result, we have arranged with Artistic Imprints for the items, which will be shipped directly to you at no extra costs. All varieties and costs can be found at the storefront link below. And the best thing is that all proceeds directly benefit the programs of Diakon Youth Services.



[http://artisticimprints.3dcartstores.com/Diakon-BBQ\\_c\\_811.html](http://artisticimprints.3dcartstores.com/Diakon-BBQ_c_811.html)



**Special Appreciation:** World Maintenance Day is January 18 and we want take a moment to appreciate our programs Maintenance Specialist, Tedd, for his outstanding work in ensuring that our campus environment is always clean and well-maintained. He has demonstrated an exceptional commitment to his duties and he works tirelessly to ensure that every corner of our campus is running smoothly.

Not only does Tedd do an amazing job keeping our campus clean and well maintained, he is always willing to go the extra mile to help our staff and students.

Tedd's work is a significant contribution to our community, and we are grateful for his tireless efforts. He is an essential part of our community, and we acknowledge his contributions with sincere appreciation.

Thank you, Tedd, for your dedication, hard work and commitment!

