



The Knight's Table

★ **Social Emotional Awareness Leadership** ★

Est-2019



Summer is a great opportunity to relax, have fun, and take a break from school. But it's also a time for you to grow and develop new skills. Setting goals helps you stay focused and make the most of your summer. By creating goals for personal, academic, and social growth, you can set yourself up for success and feel proud of your accomplishments at the end of the season.

Why Is Goal Setting Important?

Setting goals helps you make progress in different areas of your life. When you set specific goals, you have something to work toward, and you can track your improvement. Plus, achieving your goals brings a sense of accomplishment and boosts your confidence!

Types of Goals to Set

Here are three categories of goals you might want to focus on: personal, academic, and social.

1. Personal Goals

Personal goals are all about improving yourself, whether that's building new habits, getting healthier, or exploring your interests. Here are some ideas:

•**Physical Health:** Set a goal to be more active this summer. You could aim to walk, bike, swim, or play sports for at least 30 minutes a day, 3-4 times a week.

•**Healthy Eating:** If you want to eat better, set a goal to try new healthy recipes or focus on eating more fruits and vegetables each day.

•**Develop a New Skill:** Summer is a great time to learn something new, like playing an instrument, drawing, or cooking. Set a goal to practice or try out a new skill a few times a week.

•**Mindfulness:** To improve your mental well-being, set a goal to practice mindfulness, like taking a few minutes each day to relax, meditate, or reflect on your day.

2. Academic Goals

While summer is a break from school, that doesn't mean learning has to stop! Setting academic goals helps you stay sharp and get ahead for the next school year. Here are some ideas:





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•**Reading:** Set a goal to read a certain number of books by the end of the summer. You can explore different genres or challenge yourself with books above your current reading level. Try reading 20-30 minutes each day or finish one book per week.

•**Learning Something New:** Summer can be a great time to learn something you're interested in. You could focus on a specific subject, like math or history, or learn a new language. Set a goal to learn a certain amount each week or month, such as completing a workbook or learning 10 new words in a foreign language.

•**Practice Writing:** Whether it's journaling, creative writing, or writing essays, setting a goal to improve your writing can help you for the upcoming school year. Try to write a short story or a journal entry every week.

•**Online Learning:** There are lots of free online courses and videos that can help you build new skills in subjects like coding, art, or science. Set a goal to finish a specific online class or challenge yourself with a new educational project.

3. Social Goals

Summer is also a time to build and strengthen relationships with family and friends. Social goals can help you become more confident in social situations and improve your communication skills. Here are some ideas:



•**Spend Quality Time with Family:** Set a goal to spend more time with your family. This could include doing something special together, like going on a family trip, playing board games, or cooking a meal together.

•**Make New Friends:** Set a goal to meet new people, whether at a summer camp, sports team, or volunteer activity. Try to make one new friend this summer by starting conversations and being open to different groups of people.

•**Improve Communication Skills:** If you find it hard to talk to new people or express your feelings, set a goal to practice having conversations or sharing your thoughts with others. You could join a group, like a book club or a sports team, to help you practice socializing.

•**Community Involvement:** Look for ways to give back to your community, whether it's volunteering at a local charity, cleaning up a park, or helping neighbors. Set a goal to complete at least one volunteer activity over the summer.

How to Set and Achieve Your Goals

To make your goals successful, follow these steps:

1. **Be Specific:** Make sure your goals are clear and detailed. Instead of saying, "I want to read more," try, "I want to read 3 books by the end of the summer."



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1. Make It Measurable: Choose goals you can track. If your goal is to get better at soccer, you might set a target, like practicing your dribbling for 20 minutes each day.

2. Set a Timeline: Decide when you want to achieve your goal. This could be by the end of the summer or by a specific date. Having a deadline keeps you motivated.

3. Break It Down: Big goals can feel overwhelming. Break them into smaller, manageable steps. If your goal is to finish a 100-page book, try reading 20 pages a week.

4. Stay Consistent: Make a schedule or plan to help you stick to your goals. It's important to stay consistent, even when things get busy or you feel unmotivated.

5. Track Your Progress: Keep a journal or use a chart to track how you're doing. This will help you stay on track and motivate you to keep going.

6. Celebrate Your Success: Once you achieve your goal, take time to celebrate! Whether it's treating yourself to something special or sharing your success with friends or family, it's important to recognize your hard work.

Conclusion

Setting personal, academic, and social goals for the summer can help you grow and make the most of your time off. Whether you're aiming to improve your health, get ahead in school, or strengthen relationships with others, goals give you direction and purpose. Remember, it's about progress, not perfection! Stay focused, be consistent, and have fun as you work toward your goals this summer!

-Aila Kuka



Reflecting on the school year can be an important experience. During this time it makes the students think about their growth, challenges and all their success throughout the year. As the year is coming to an end it is very important to look back and see all the ups and downs they went through. This reflection helps them see their achievements, but it also helps them see what they need to do or work on for their future.

Throughout the school year students go through many challenges such as academic pressures and social situations. These experiences are a part of each students' personal growth. Thinking about these moments they can understand lessons they learned, such as working with peers on group projects, making friends, and doing well in difficult subjects.

Finding closure at the end of the school year is very important. It means closing one chapter and starting another. Trying different activities to help move to the next chapter, like writing a letter about what they learned, going to an end of year party, and thinking about all the experiences they went through. This will help them appreciate and prepare for what is yet to come. Maybe even trying out something new for the future school year.

In conclusion, reflecting on the school year and finding closure lets the students move forward with lessons learned. This also helps them recognize all the success they achieved throughout the year.

- Lily Ana Catalano



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Friendship is one of the most important things in life, and it's especially important to build and strengthen friendships before summer break. Summer is a time when we may not see our friends as much, so it's a great opportunity to spend time together and make lasting memories. Before the break, we can do fun activities with our friends, like playing games, going to the park, or having a picnic. These moments help to strengthen the bond we share and make our friendship even stronger.

One way to build friendships before summer break is by being kind and supportive. When you listen to your friends, help them when they need it, and show you care, you're building trust and making your friendship stronger. It's also important to be a good friend by encouraging your friends to do their best, whether it's in school or sports. Showing kindness and support helps friends feel valued and loved, which makes the friendship even better.

Another way to strengthen friendships is by planning something special to do together before summer starts. You could organize a farewell party or plan a fun trip to the beach or a movie. These special moments give you and your friends something to look forward to and help create memories that last even after you don't see each other for a while. Doing something fun together makes the friendship feel exciting and helps you stay close, even when you're apart.

In conclusion, building and strengthening friendships before summer break is a great way to make sure your friendships stay strong over the summer. By spending time together, being kind, and creating special memories, you can make your relationships even better. When you return after summer, your friendships will be stronger, and you'll be ready to continue making new memories together.

-Hana Durgut





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