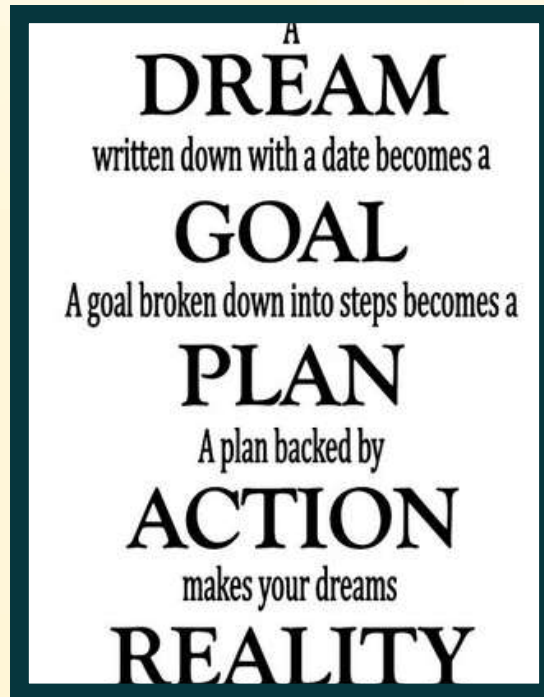


Dream Big, Start Strong!

Goal Setting • Vision Boards • SMART Goals



Counsellor's Newsletter



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"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

Every meaningful journey begins with a dream. However, dreams become reality only when they are paired with purpose, planning, and perseverance. Eleanor Roosevelt's words remind us that believing in our aspirations is the first step towards achieving them. When children are encouraged to dream, reflect on their ambitions, and work consistently towards them, they develop confidence, resilience, and the ability to take ownership of their learning. Teaching students to set goals from an early age empowers them to become independent thinkers who understand that success is built through small, intentional actions.



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Educational research consistently highlights the positive impact of goal setting on student learning and well-being. Studies have found that students who set clear and meaningful goals are more motivated, demonstrate greater perseverance, and achieve higher levels of success. Visualisation techniques, such as creating vision boards, can strengthen motivation by keeping aspirations visible and meaningful. Researchers also suggest that writing down goals and revisiting them regularly improves self-regulation, encourages reflection, and helps students develop planning and decision-making skills. Together, these practices build confidence, resilience, and lifelong learning habits.

The Power of a Vision Board

The Power of a Vision Board A vision board is a collection of images, words, quotes, and symbols that represent a person's dreams, values, and aspirations. It serves as a visual reminder of what they hope to achieve and who they aspire to become. Rather than simply wishing for success, students are encouraged to think deeply about their future and express it creatively. Vision boards help children clarify their goals, strengthen their motivation, maintain focus, and develop a positive outlook. Looking at their vision board regularly reminds them that every small step they take today contributes to the future they envision for themselves.



From Vision to Action:

Setting Goals

While a vision provides direction, goal setting creates the pathway to achieving it. Goal setting is the process of identifying a desired outcome and developing a realistic plan to accomplish it. It teaches children responsibility, self-discipline, perseverance, and time management while helping them recognise that meaningful achievements require consistent effort.

While a vision provides direction, goals provide the pathway.



One of the most effective ways to turn dreams into reality is by setting SMART Goals:

- **S - Specific:** What exactly do I want to achieve?
- **M - Measurable:** How will I know I have achieved it?
- **A - Achievable:** Is my goal realistic?
- **R - Relevant:** Why is this goal important to me?
- **T - Time-bound:** When do I want to achieve it?



For example:

Dream: I want to become a better reader.

SMART Goal: I will read for 20 minutes every day and finish two books by the end of this term.

This simple framework helps students transform big dreams into achievable actions while developing responsibility, perseverance, organisation, and self-discipline.

Dreaming Big at DYPIS



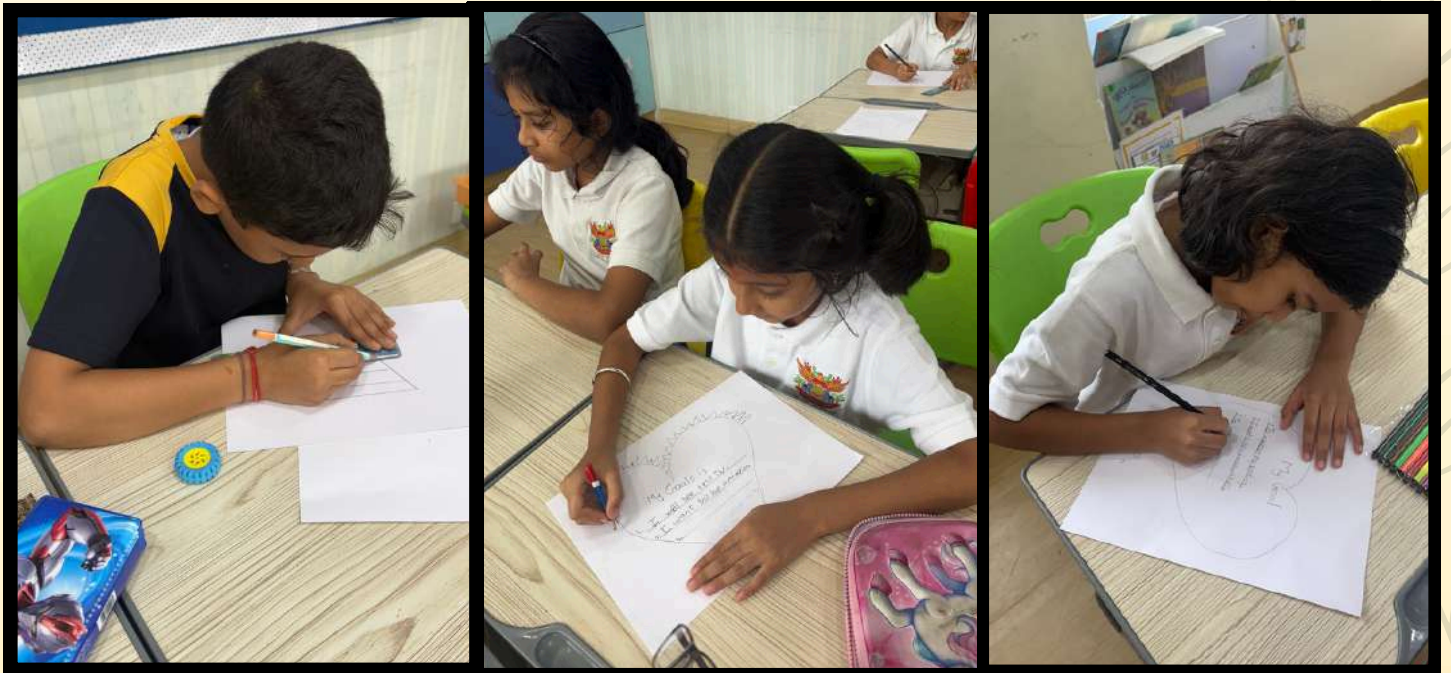
At DYPIS, we welcomed the new academic year with our "Dream Big, Start Strong" activity, encouraging students to begin the year by reflecting on their aspirations and setting meaningful goals for the months ahead. Through vision boards and goal-setting activities, students were given the opportunity to think about who they want to become, what they hope to achieve, and the positive habits they wish to develop throughout the year.

Students from Grades 7, 8, 9, and 10 enthusiastically created individual vision boards, using images, words, and affirmations to represent their dreams, interests, values, and personal goals. It was inspiring to see the creativity, thoughtfulness, and individuality reflected in each board, as students envisioned the future they wanted to create for themselves.

Our Grade 8 students took collaboration a step further by working in groups to design class vision boards. Together, they discussed the kind of classroom culture they wanted to build, identified shared values, and created boards that represented their collective aspirations. This collaborative activity fostered creativity, teamwork, communication, and a shared commitment to creating a positive and supportive learning environment.

In PYP, students participated in class goal-setting activities, where they worked together to establish shared expectations and goals for the academic year. Through meaningful discussions, students explored the values they wanted their classroom to reflect and identified ways they could contribute to making it a respectful, kind, and collaborative learning community.

These activities marked a positive and purposeful start to the school year, encouraging students to dream with confidence, set meaningful goals, and recognise that every great achievement begins with a clear vision and grows through small, consistent actions.



As our Grade 11 and 12 students begin one of the most significant phases of their academic journey, goal setting becomes more important than ever. With board examinations, university applications, career decisions, and personal aspirations ahead, having a clear vision can help students stay focused and motivated. Creating a vision board or setting SMART goals encourages them to break larger ambitions into manageable steps, monitor their progress, and stay committed even when challenges arise. More than just planning for academic success, these practices help students build confidence, resilience, and a sense of purpose, reminding them that consistent effort and small daily actions can lead to meaningful achievements in the future.



A Message for Parents

Parents are a child's first and most influential role models. By encouraging children to dream, discuss their aspirations, and celebrate effort over perfection, families help nurture confidence and resilience. Regular conversations about goals, acknowledging small achievements, and supporting children through setbacks teach them that success is a journey rather than a destination. Together, schools and families can empower every child to dream boldly, plan wisely, and take meaningful steps towards a bright and purposeful future.

Create opportunities for conversations about your child's aspirations. Ask questions such as: "What would you like to achieve this year?" "What is one new skill you would like to learn?" or "What small step can you take this week towards your goal?" Celebrate progress, no matter how small, and remind your child that setbacks are not failures—they are valuable learning experiences that help us grow stronger.

Dream. Believe. Achieve. "Every accomplishment begins with the courage to dream, the vision to see possibilities, and the determination to take the first step. At DYPIS, we are committed to helping every learner dream boldly, set meaningful goals, and grow into the best version of themselves."



Dream. Believe. Achieve.

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