

### What are Your Priorities?

#### ■ onTRAC® Planning

##### Act—Set and plan priorities

Many people don't actually base their lives on what's most important to them. How about you? What are the most important things in your life? What are your priorities? When life gets busy, it's easy to focus on just getting by instead of what life is all about! Take some time now to consider whether your life is centered on your priorities? Why or why not?

##### What's the priority?

Once you have considered your own priorities, why not ask your child about his or hers? If need be, explain to your child that *priorities* are things that are important to him or her. Ask your child to think about what are the four most important things in his or her life. Once he or she finishes, discuss the priorities he or she has chosen. Ask your child why these things are important. Share your own priorities with your child. Are there any priorities you have in common? Encourage your child to come up with ways to focus on your shared priorities together. For example, if you have *family* as a shared priority, have your child come up with ideas for things he or she would like to do together as a family.

##### Focusing on priorities

Some of the best tools we have to keep us focused on our priorities are goal-setting and time management. Goals related to our priorities not only focus our life on what's important to us, but also are the most rewarding to work on. Time management is important because when we successfully manage our time, it's easier to keep track of what's important and get those important things done.



Completing goals isn't just for video games. What achievement did you unlock in 2014?

Encourage your child to set a goal related to his or her priorities. Help him or her to break it down into specific steps and schedule time to complete each step in his or her planner. Remind him or her to check back each day to see if the steps are getting completed.

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*Many factors contribute to a child's growth and success. Below are tips and ideas for practicing skills that promote your child's academic, social, and emotional well-being outside the classroom.*

#### ■ Character

Setting goals can turn dreams into reality! Encourage your child to set specific, measurable, action-oriented, realistic, and timely goals in order to ensure his or her pursuits are reasonable and attainable. Encourage the habit of goal-setting by urging your child to set short- and long-term goals to reach his or her personal and academic potential.

#### ■ Health

Students who can identify internal and external barriers to wellness in their lives and learn strategies to overcome them will be better able to stay active and healthy. Help your child identify barriers to healthy living and come up with goals to help overcome these challenges.

#### ■ Anti-bullying

Your child has a right to be bully-free and a responsibility to help his or her school be bully-free. Remind your child to: stand up for him or herself and his or her peers, speak out against bullying when it is safe to do so, and always report bullying to a trusted adult. Ask your child to make a list of at least five adults he or she can report to.

#### ■ STEM

Encourage your child to explore various ecosystems and their components. An ecosystem is a system of living things—plants, insects, reptiles, birds, and other animals—that are connected to each other. Help your child recognize the importance of diversity and the role organisms play in maintaining the balance of the ecosystem.

#### ■ Study Skills

Today, with vast amounts of information available with a few keystrokes, research has become a much different process than it was in the past. There is a good chance your child is already extremely adept at using the Internet. But you may be able to offer research advice on how to use keywords, choose reliable sources, and organize information.

#### ■ Learning Strategies

Students have an easier time processing, organizing, and retrieving information when they represent knowledge as imagery. Help your child learn by using graphic organizers, models, mental pictures, illustrations and pictographs, or kinesthetic activities. Using nonlinguistic representations will help your child add to his or her existing knowledge.