Dear Families/Caregivers,

Students with greater self-control focus better and learn more. It is a key to living a healthy, productive, and successful life. In fact, one study found that a higher GPA was more closely related to one’s self-control, rather than one’s intelligence.

We have learned several strategies for developing self-control to reach a goal:

- **Set a goal.**
  Without a goal, it is hard to develop your self-control.
- **Remove the distractions.**
  Remove anything that will cause you to lose your focus on the goal.
- **Measure your progress.**
  Track your progress to know if you are heading toward your goal.
- **Manage your stress.**
  Stress can cause you to lose self-control. Pause and take a few deep breaths.
- **Set priorities.**
  Decide what you need to do and what is most important. Break big goals into smaller tasks.

At home, encourage your teen to track his or her goals in a visible location so that he or she can hold him or herself accountable. Practice stress relieving strategies with your teen such as deep breathing, taking a walk, or yoga. Model self-control by setting goals of your own to achieve.