

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.