



Transition Newsletter

Jan 2025



New Year, New Goals, New You!

With the new year, comes setting new goals, it can be hard to accomplish them but not if you think **SMART!**



Start thinking about something you want to achieve in 2025... maybe it's something you want to improve on or learn new, maybe you want to focus on your mental or physical health, it can be whatever YOU want!

S SPECIFIC: Answers the who, what, where and when of the goal.

M MEASURABLE: Creating milestones within your SMART goal to track progress.

A ATTAINABLE: Determine if the goal is realistic or just a dream.

R RELEVANT: Consider whether this is worth your time and relevant to your life.

T TIME-BOUND: It must have a timeline and a deadline.

RESOURCE HIGHLIGHT



This document suggests a variety of transition activities for SD students to support your successful transition from HS to adulthood. The activities may involve collaboration with various agencies, school staff, parents, and students. The goal is to ensure that services and supports are coordinated and comprehensive, helping you become a successful, independent adult!

Find a copy here: tslp.org/transition-iep-plan
Look for it under the Transition Resources tab.

This is informational only. DHS is neither supporting nor endorsing. Please determine for yourself if you wish to use it and proceed accordingly.

Why use SMART goals?

They help make sure that you WILL achieve a goal, and in a sensible timeframe.

They help make sure you CAN measure your successes, which will make it easier to tell people what you've done.

The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals!

contact me

Name:

Phone:

Email:

DHS.SD.GOV



New Year's Goal:

I want to buy a smart watch!

SPECIFIC:

Who, what, where, when, and/or why should be answered when setting a goal.

S___ Goal—I want to buy a smart watch with my own money so that I can measure my steps to help me become more physically active.

MEASURABLE:

How will you show that are making progress?

SM___ Goal—I need to save around \$450 to purchase a smart watch to help become more physically active.

ATTAINABLE:

Don't forget, you have school, homework, and other responsibilities so might get stressed out if you work too much. You also might want to go out with friends and stress yourself out if you say you won't spend any of your paycheck until you buy the watch. By making goals possible, you won't burn out trying to reach it!

SMA__ Goal—I will work hard at my Project Skills job and save at least 50% of my paychecks over the next 6 months to purchase a smart watch to help become more physically active.

RELEVANT:

Do you believe that this goal can be accomplished? How does this help you accomplish other goals you have?

SMAR_ Goal—I want to get into better shape so a smart watch will help me keep track with setting daily step goals and motivate me to get more active.

TIME-BOUND:

When will you accomplish your goal?

SMART Goal—I will save \$450 by working my Project Skills job to purchase a smart watch within 6 months to help get into better shape!

It's important to believe in the goals you set for yourself so you will work hard and keep a positive attitude towards making progress. We can't always control what happens so may need to make adjustments as needed for the best chance of success!

