

THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

LET'S BE FRIENDS

Access my
Freebie
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Success Skills](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

SEL IN A SNAP

Success Skills



Session Objective:

*Students will identify success skills needed to do well in school, at home, and with peers.

Materials:

*Handouts, scissors, pencils, stapler.

Guiding Questions:

*What are some different success skills?

*How can success skills help us in our academic and social lives?

ASCA Standards Alignment:

*Mindset: Belief in using abilities to their fullest to achieve high-quality results and outcomes. (M 5)

*Behavior: Learning Strategies: Time-management, organizational and study skills. (B-LS 3)

*Behavior: Learning Strategies: Self-motivation and self-direction for learning. (B-LS 4)

*Behavior: Long and short term academic, career, and social/emotional goals. (B-LS 7)

*Behavior: Self-Management Skills: Self-discipline and self-control. (B-SMS 2)

SEL Competencies:

*Self-Management: Impulse Control, Self-Discipline, Self-motivation, Goal setting, Organizational skills.

Session Details

*Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few skills and focus on the ones you find most important.

*Say "Today we are going to learning to identify success skills. Success Skills are important abilities that help you do well in school, at home, and with friends. Success skills can help you do well in many areas of life and feel confident and happy. Once we understand the skills needed to be successful, we can work on improving our own skills." "Let's look at your workbook, you will see on the third and fourth pages, Success Traits and Success Practices. Traits are positive qualities we have within ourselves that help us to be successful. Practices are behaviors or actions we do that lead to success." Go through each page that talks about a different skill. "The first skill is Self-control." Go through what self-control is and how it helps us. On the next page, have students think about what self-control looks/feels like to them and when they should use self-control. Go through the rest of the skills.



Success Skills

Important abilities
that help you do
well in school, at
home, and with
friends.



Success Skills



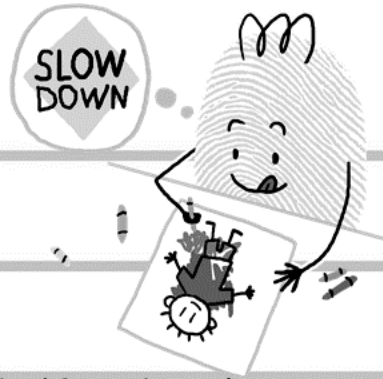
Self-Control



Planning



Be on time



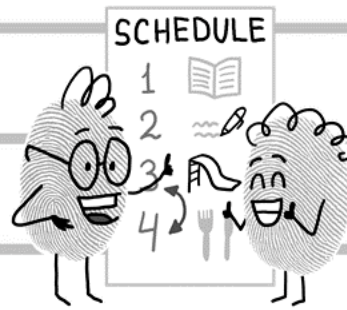
Self-Monitoring



Starting Tasks



Emotional Regulation



Flexible thinking



Perseverance



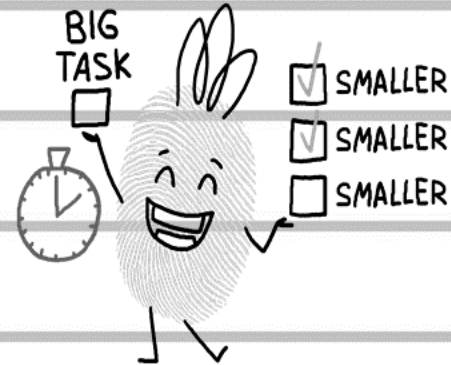
Organized



Focus



Motivation



Prioritize



Confidence



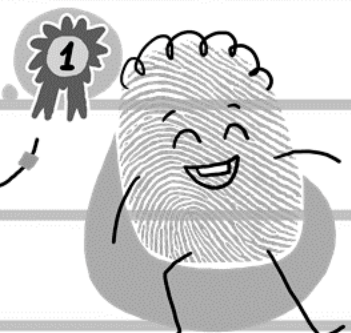
Time Management



Problem-solving



Goal setting



Self-care



Success Skills



Name: _____

© Heart & Mind Teaching

Success Skills:

Important abilities that help you do well in school, at home, and with friends.



Why is it important?

Success skills can help you do well in many areas of life and feel confident and happy. They help you navigate the world more effectively, build strong relationships, and achieve your goals. Practicing these skills can make you a great friend, student, and family member!

© Heart & Mind Teaching



Success Traits



Organized



Perseverance



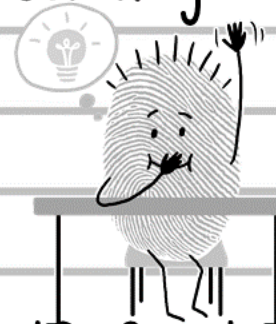
Problem-solving



Motivation



Confidence



Self-Control

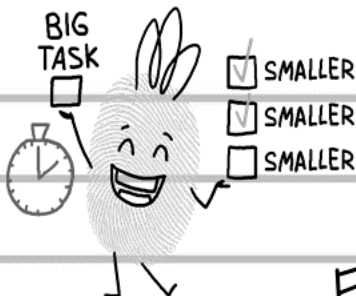
© Heart & Mind Teaching



Success Practices



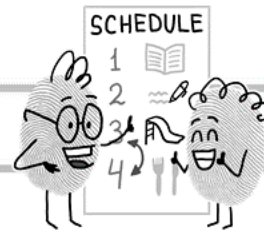
Be on time



Prioritize



Emotional Regulation



Flexible thinking



Planning



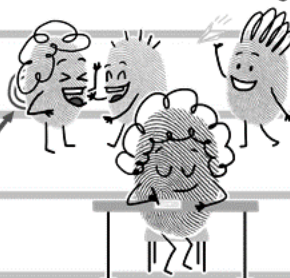
Goal setting



Self-care



Starting Tasks



Focus



Self-Monitoring

© Heart & Mind Teaching



Success Skills

SELF-CONTROL

How does it help?
It allows individuals to make informed decisions, manage stress and adversity, and maintain self-discipline and integrity.

What is it? The ability to manage your thoughts, emotions, and behaviors in order to achieve long-term goals. It involves resisting temptations, delaying gratification, and making decisions that are in line with one's values and objectives.



© Heart & Mind Teaching

SELF-CONTROL

I can use self-control when:

Self-control looks/feels like this to me:



© Heart & Mind Teaching

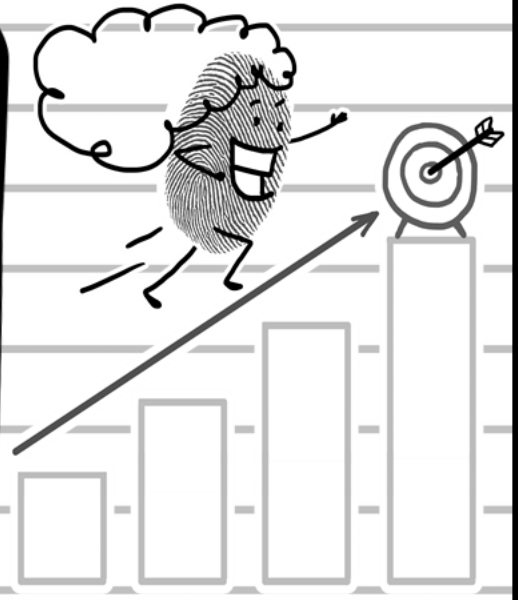


Success Skills

PLANNING

How does it help?
It increases the likelihood of success in achieving goals. It helps to clarify goals, organize tasks, manage time effectively, and maintain focus and motivation.

What is it? The process of creating a detailed strategy to achieve specific goals. It involves breaking down larger goals into smaller, manageable tasks, outlining the steps needed to accomplish each task, and creating timelines and deadlines for completion.



© Heart & Mind Teaching

PLANNING

I can use planning when:

Planning looks/feels like this to me:



© Heart & Mind Teaching

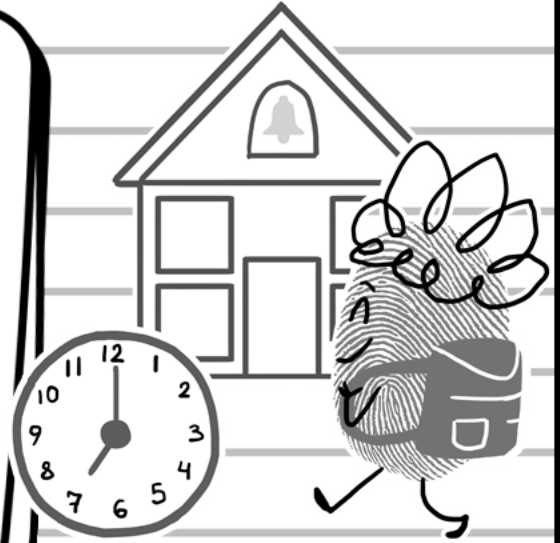


Success Skills

BE ON TIME

How does it help?
Being on time is an important aspect of responsible behavior. It demonstrates integrity, discipline, and consideration for others. It also builds trust and reliability.

What is it? Being on time means arriving at a designated place or starting an activity at the scheduled or expected time. It involves being punctual and respecting the commitments and expectations of others regarding timing and deadlines.



© Heart & Mind Teaching

BE ON TIME

I can be on time for:

Being on time looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

SELF-MONITORING

How does it help?:
It allows for self-improvement by making intentional changes that will help you reach your goals. It can increase your chances of reaching those goals.

What is it?: Self-monitoring is an ongoing process that involves looking at your own behavior and making changes to improve based on your observations.

SLOW DOWN

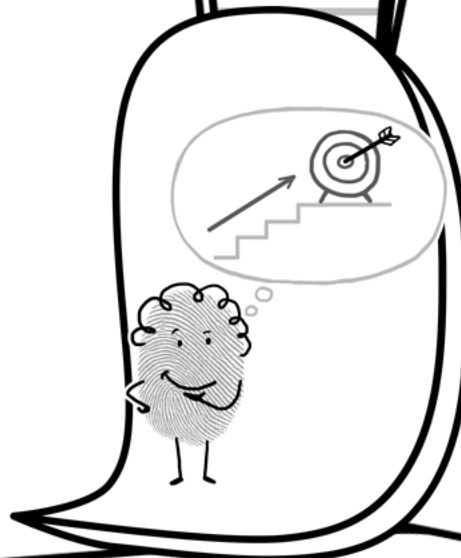


© Heart & Mind Teaching

SELF-MONITORING

I can use self-monitoring when:

Self-monitoring looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

STARTING TASKS

How does it help?:
It is an important part of time management and productivity. It increases your effectiveness, and makes better use of your time and resources.

What is it?: The ability to begin or start a task or activity without procrastination and without being prompted by others. It involves overcoming the initial resistance and taking the first step toward completing the assigned task.

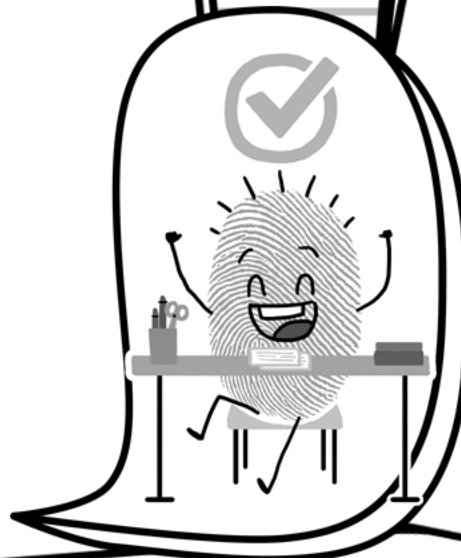


© Heart & Mind Teaching

STARTING TASKS

I am more likely to start tasks when:

Starting tasks looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

PROBLEM-SOLVING

How does it help?: Problem-solving skills are important because they help you figure out what to do when things don't go as planned or when you face a tricky situation.

What is it?: The ability to identify problems, generate solutions, and implement effective strategies to achieve desired outcomes. This involves analyzing situations, considering multiple perspectives, and evaluating potential solutions.



© Heart & Mind Teaching

PROBLEM-SOLVING

I can use problem-solving when:

Problem-solving looks/feels like this to me:



© Heart & Mind Teaching

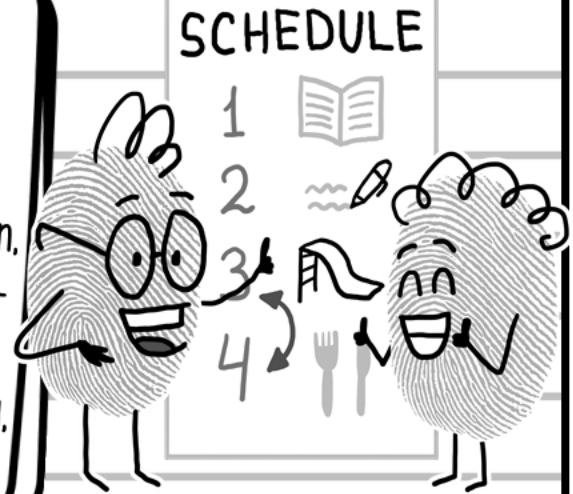


Success Skills

FLEXIBLE THINKING

How does it help?:
It helps you to navigate the difficulties of life with agility and adaptability. It can enhance your problem-solving abilities and improve decision-making processes.

What is it?: Refers to the ability to adjust your thoughts, perspectives, and behaviors in response to changing situations, new information, or challenges. It involves being open-minded, creative, and adaptable in problem-solving and decision-making, and considering multiple viewpoints.



FLEXIBLE THINKING

I can use flexible thinking when:



Flexible thinking looks/feels like this to me:



Success Skills

PERSEVERANCE

How does it help?: It helps you achieve your goals, learn new skills, and grow stronger and more confident. It teaches you that hard work and dedication can lead to success, even if the path is challenging.

What is it?: The ability to keep trying and not give up, even when things are difficult or take a long time to accomplish. It means staying focused and determined to reach your goals, no matter what obstacles or challenges come your way.



© Heart & Mind Teaching

PERSEVERANCE

I can use perseverance when:

Perseverance looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

ORGANIZATION

How does it help?:
By fostering organization skills, you can enhance your ability to plan effectively, perform tasks efficiently, and achieve desired goals.



What is it?: Organization is the process of arranging and managing resources in an orderly manner to achieve specific goals or objectives. It involves creating structure, establishing order, and coordinating activities to improve your effectiveness.



ORGANIZATION

I can use organization when:

Organization looks/feels like this to me:



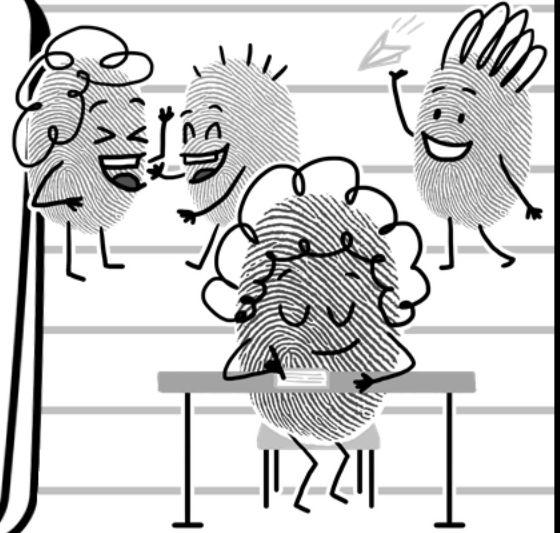


Success Skills

FOCUS

How does it help?:
When you focus on what you are learning you remember and understand things more easily. It helps you learn, create, and achieve your goals by giving your full attention to what you're doing.

What is it?: Keeping your attention on what you are supposed to be doing long enough to complete a task. It also involves avoiding distractions.

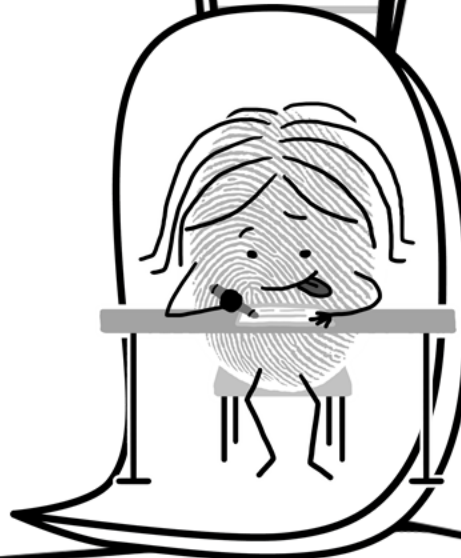


© Heart & Mind Teaching

FOCUS

I can better focus when:

Focus looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

MOTIVATION

How does it help?: It drives you to take action, pursue goals, and overcome challenges. It gives you the energy and determination to start and continue tasks, even when they are difficult or you face obstacles.

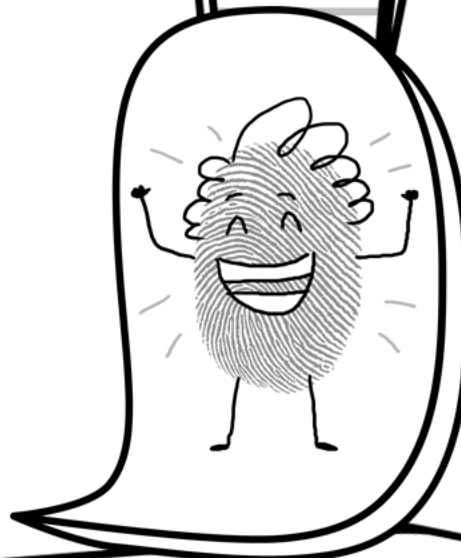
What is it?: The factors that drive you to start and continue behaviors that move them toward achieving their goals or needs. It is a force that energizes and guides our behavior, helps us persist in our actions, and influences us.



© Heart & Mind Teaching

MOTIVATION

I feel motivated when:



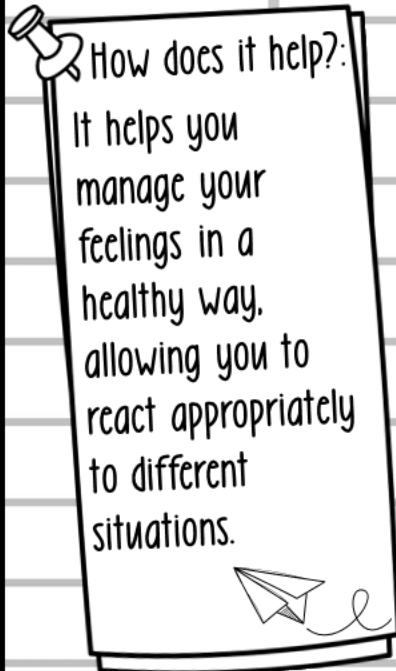
Motivation looks/feels like this to me:

© Heart & Mind Teaching

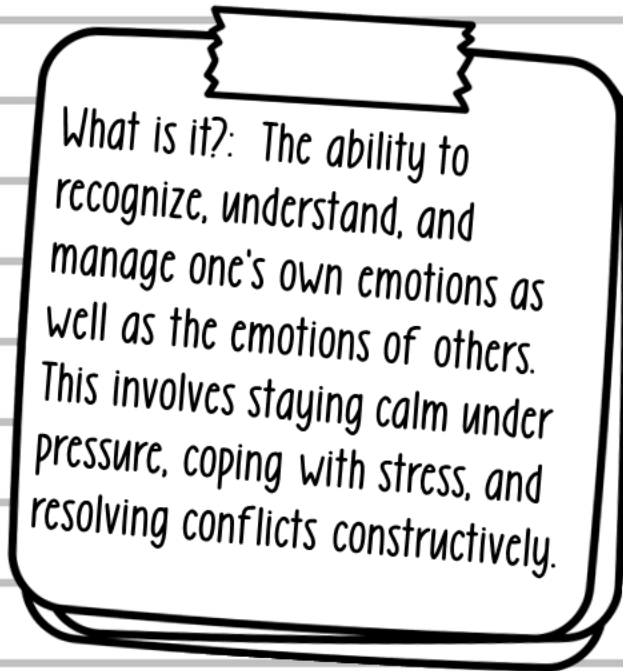


Success Skills

EMOTIONAL REGULATION

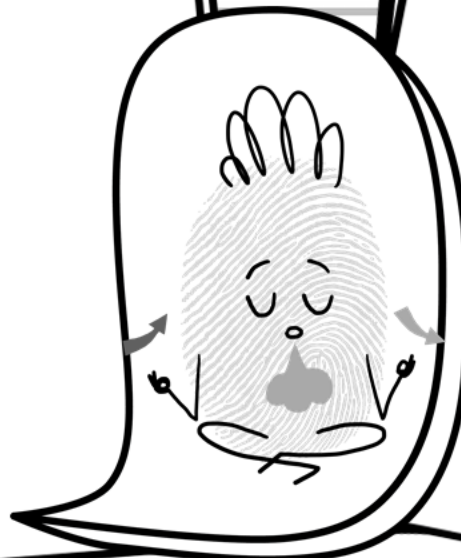


© Heart & Mind Teaching



EMOTIONAL REGULATION

I can use emotional regulation when:



Emotional Regulation looks/feels like this to me:

© Heart & Mind Teaching



Success Skills

CONFIDENCE

How does it help?:
By cultivating confidence you can unlock your full potential and pursue your aspirations with greater boldness and determination.

What is it?: Confidence is a belief in yourself, your abilities, and your judgment. It is an inner sense of self-assurance and self-reliance that empowers you to tackle challenges, pursue goals, and navigate life with resilience and optimism.



© Heart & Mind Teaching

CONFIDENCE

I can show confidence when:

Confidence looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

TIME MANAGEMENT

How does it help?:
By developing good time management habits, you can increase productivity, reduce stress, and achieve greater success in all areas of your life. It allows you to make the most of your time.

What is it?: The process of planning, organizing, and prioritizing tasks and activities to make the most effective use of time. It involves setting goals, allocating resources, and scheduling activities in a way that maximizes productivity, minimizes wasted time, and achieves desired outcomes.



© Heart & Mind Teaching

TIME MANAGEMENT

I can use time management when:

Time Management looks/feels like this to me:



© Heart & Mind Teaching



Success Skills

SELF-CARE

How does it help?:
It's an essential part of maintaining health, happiness, and resilience. By making time for activities that nourish the body, mind, and spirit, you can cultivate greater well-being in all areas of life.

What is it?: Self-care refers to activities that you engage in to promote your physical, mental, and emotional well-being. Self-care can encompass a wide range of activities, from basic hygiene practices to leisure pursuits and relaxation techniques.



SELF-CARE

I can use self-care when:

Self-care looks/feels like this to me:





Success Skills

GOAL SETTING

How does it help?:
By setting clear, achievable goals and committing to taking action, you can increase your motivation, focus your energy, and achieve greater success in all areas of your life.

What is it?: The process of identifying specific objectives or outcomes that you want to achieve and creating a plan to work towards them. It involves clarifying your aspirations, determining what you want to accomplish, and setting clear, measurable targets to guide your efforts.

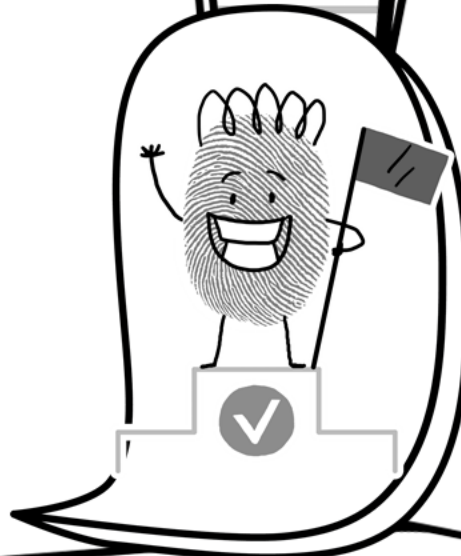


© Heart & Mind Teaching

GOAL SETTING

I want to set goals in these areas of my life:

Goal Setting looks/feels like this to me:



© Heart & Mind Teaching

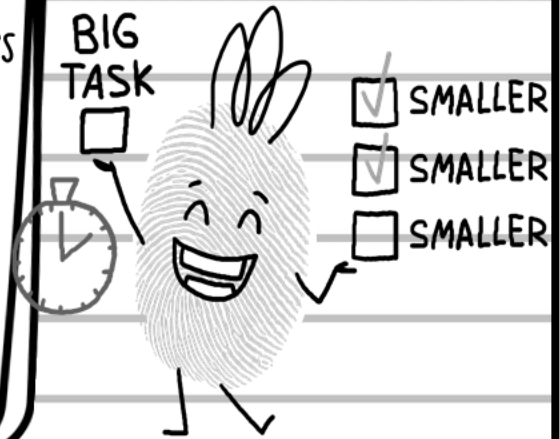


Success Skills

PRIORITIZE

How does it help?:
By focusing on what matters most and allocating resources wisely, you can maximize your impact and achieve greater success in both your personal and professional endeavors.

What is it?: Determining the importance or urgency of activities or responsibilities and allocating time and resources accordingly. This means figuring out which tasks are most critical or time-sensitive and focusing on completing those tasks first.



© Heart & Mind Teaching

PRIORITIZE

I can prioritize tasks when:

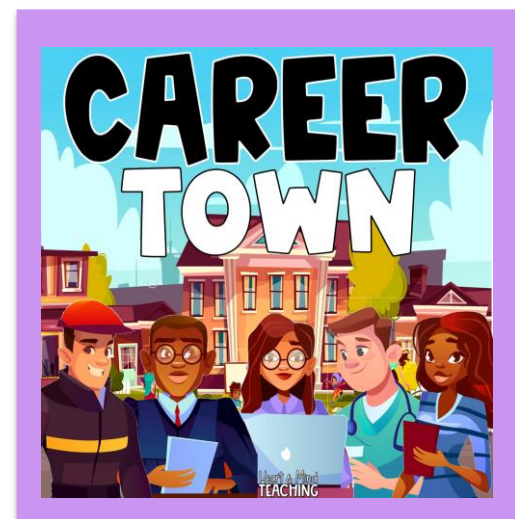
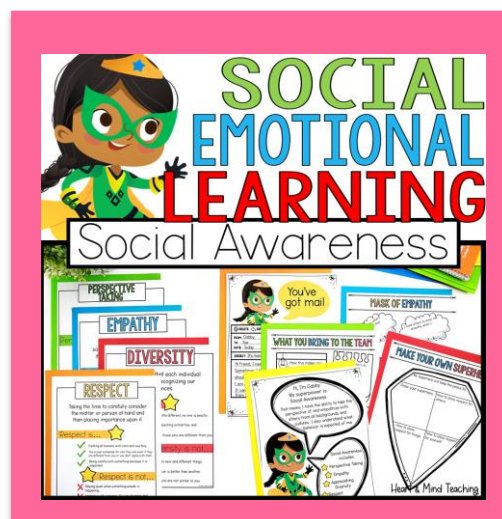
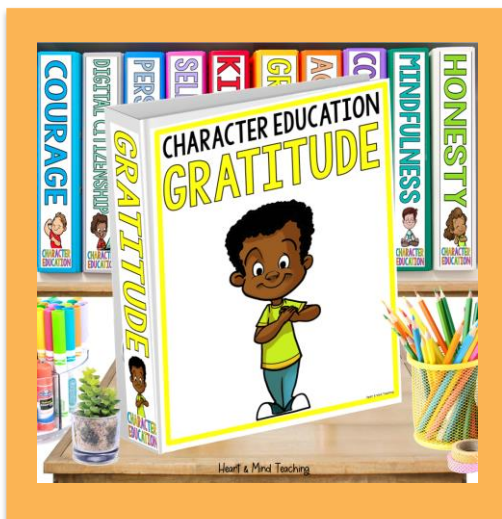
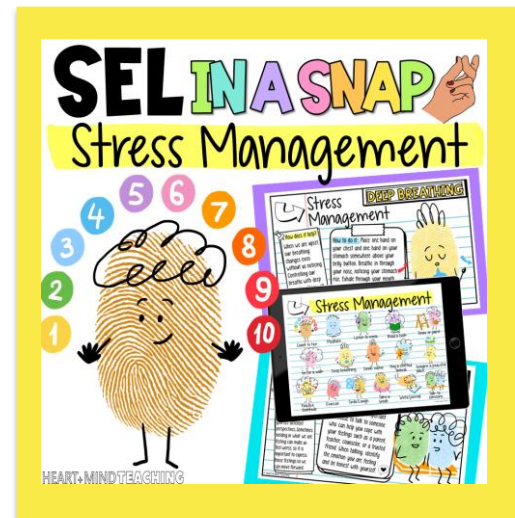
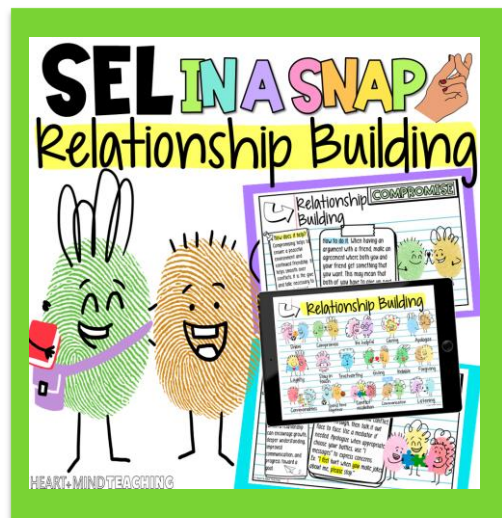
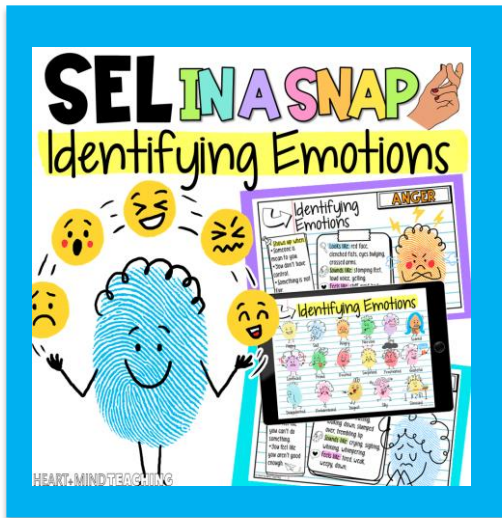
Prioritizing looks/feels like this to me:



© Heart & Mind Teaching

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART+MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS


Ashley

Access my
Freebie
Library



FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

CLICK HERE

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

I WANT FREEBIES

TERMS OF USE

© Heart and Mind Teaching, 2024. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

