

CU SMART

# Goal Buddy

*Starter Guide*



# What is expected from a GOAL BUDDY?

It's **NOT** about picking out flaws or mistakes, but to **ENCOURAGE** students about who they're capable of becoming

When they fail, you share in their disappointment - and help them back on their feet. When they succeed, you both celebrate like crazy!



The role of a Goal Buddy (GB) is to support someone else in achieving their goals!



"Personal Responsibility is **ACCEPTING** that **YOU** are both the **CAUSE & SOLUTION**"

# Why is Accountability IMPORTANT?



It's not always easy to be accountable or take personal responsibility ...

**The CU-SMART knows that accountability is needed to:**

- 1. Increase our ability** to achieve goals
- 2. Build grit and resilience** to deal with tough situations
- 3. Develop self-efficacy**

Accountability means having both the ability and the willingness to give your honest, non-judgmental thoughts or feedback to someone else.

**How are YOU showing up as a GB?**



# HOW to Support your BUDDY?



A GB should always MODEL or SHOW UP in a way that will help the other person succeed!

1. Remain open-minded, helping students avoid a Fixed Mindset
2. Communicate often & consistently, and be able to have difficult conversations & give direct feedback
3. Celebrate & reward accomplishments
4. Keep them on track
5. Support them after the CU-SMART Program

# Ready to be a GB?

## ASK YOURSELF:

1. Are you typically positive?
2. Do you walk your own talk?
3. What actions have you taken in your own life lately?

## DISCOVER THE CU-SMART

