

Celebrate Success- You Deserve It

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Success is not final; failure is not fatal: It is the courage to continue that counts.

-Winston S. Churchill

Why celebrating is important!

As we grow older there is more emphasis on being successful in everything we do. We are becoming more and more of an outcome driven society and with that comes pressure. When we have goals set for ourselves the expectation is to achieve that goal and to move onto a new goal. Not always do we feel that we are allowed to celebrate achieving that goal or that it warrants celebration, but what the research shows is that celebrating is exactly what we need to do on a regular basis. Sometimes we feel that celebrating our achievements is indulgent, time consuming, or even bragging. This is simply false and by celebrating our own successes helps us self evaluate and refocus for future achievements. Celebrating is also important for our mental health, self-care, and happiness. By stopping, noticing, and acknowledging our success it helps improve our self worth and overall well being.

Another word that comes to mind is savoring. According to Positive Psychology,

the process of savoring (noticing, appreciating and enhancing positive experiences), is often used to increase feelings of self-worth and overall life satisfaction by expanding 'people's thoughts and behaviors, promoting creativity, social connection, personal resources, and resilience'. So go ahead and pat yourself on the back once in a while. You deserve it!

How do we celebrate success?

So the question is, how do we celebrate success? There are many ways that you can treat yourself and be proud of all the hard work you have put forth over the years.

- **Include others-** organize a nice night with friends and family. Spending time with the ones you love the most and who have supported you throughout your journey shows how much you appreciate each one of them.
- **Take time for yourself-** After accomplishing a goal it's ok to take a break and do the things you enjoy the most. Do the things you had to sacrifice in order for you to be

successful (take a trip, hike, ski, nap, etc).

- **Reflect**- Acknowledging your success and how you achieved your success is the best way for you to be successful in the future. It's great for your mental health and helps build confidence in the future.

[Avoiding the Summer slide](#)

The school year is long and very challenging. Some students are more successful than others, but that does not mean that you cannot celebrate accomplishing another year of school. At the end of the school year students and teachers are excited to relax and take a break from learning for a while. Many times this is a necessity in order to recharge your batteries and prepare for the next school year. During the summer there are plenty of things that you can do to help avoid the summer slide and keep your brain active to avoid loss of skills. Here are a few ideas that can keep your brain working, but still allow you to have fun.

- Enroll in summer camp
- Join a school summer program (Cougar U)
- Local library summer activities
- Summer park programs (Sinclairville Park and Gerry Park)
- Get a summer job
- Summer sports
- Audubon or other nature programs

At the end of the summer it also helps to get back into your normal routine and to begin thinking about the upcoming school year. Go to bed early and wake up a little earlier. If possible, look at your schedule, collect and

buy your required materials for your classes. If you are transitioning to a new building it helps to take a tour of the building, learn teachers names, and find out what the expectations are for each class.



Student Success Toolbox

[Where can I find more?](#)

[Back to School Success](#)

[Summer Success Kit for Kids with ADHD](#)

[Ending the School Year Strong](#)

[Child Mind Institute](#)

[Today- Expert Advice](#)

[Student Attendance Success Plan](#)

Brought to you by:

Ryan M. Smith, LCSW

School Social Worker

Sinclairville Elementary School

Emily Pleszewski, LCSW

School Social Worker

Cassadaga Valley Middle High School