

SELF-MANAGEMENT SKILLS YOU CAN TEACH!

Self-Management includes a range of skills such as:

- Overcoming obstacles and create strategies for achieve goals
- Regulating emotions such as impulses, aggression, and self-destructive behavior
- Managing personal and interpersonal stress
- Attention control (maintain optimal work performance)
- Using feedback constructively
- Advocating for oneself
- Setting plans and work toward goals
- Monitoring progress toward short- and long-term goals

Things YOU Can TEACH:

Set expectations and not rules

- ❖ Expectations give students strategies to follow.
- ❖ Regularly reinforcing and acknowledging students when they are following expectations, encourage students to practicing self management skills

Help Students to Create Awareness of When They Learn Best

- ❖ Each student creates a list that completes the phrase "***I focus best when...***" or "***I learn best when or I learn best when I see, hear, feel and do***
 - ✓ Ask each student to identify three things to seek related to when they learn best and three to avoid.
 - ✓ Students record how often these situations occur and track their progress over time.
 - ✓ Revisit this exercise regularly.

Teach students strategies such as Pausing, Calming, and Visualizing:

- ❖ **Step back and breathe:** Students take a physical step backward and a deep breath before reacting positively or negatively to any situation.
- ❖ **Expanding breaths:** Students notice how many seconds of breathing in and breathing out they do. For each new breath, extend the inhale by one second and the exhale by one second. Take five slow, extended breaths.
- ❖ **Visualize memories:** Students visualize a memory of a time when they were happy, calm, proud, or another feeling they want to evoke.

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Teach students to change the situation or how they think about the situation

- ❖ **Change your attention:** track the speaker in class
- ❖ **Change how you think about a situation or a choice:** instead of thinking of homework as a chore, think of how good you feel when your homework is done and you are prepared for class.
- ❖ **Choose the situation:** Choose to be in places or with people that help you manage yourself.
- ❖ **Modify the situation:** Modify a situation you can't avoid.

Integrate activities into your program that Promote Self Management

- Community Circles
- Probing and Clarifying Questions
- Seeking multiple perspectives
- Using Wait Time

Focus on How to Do Things, Not Just What to Do

- Using planners
- Creating timelines/benchmarks for larger projects
- Create checklists
- Break big tasks into smaller tasks

Teach the WOOP strategy, which is positive thinking plus a dose of reality, contains four steps:

1. **Wish:** Students name an important but feasible wish or goal they want to fulfill.
2. **Outcome:** Students imagine, as vividly as possible, what the future will be like once they fulfill this wish (or reach the goal).
3. **Obstacle:** Students imagine the most critical personal obstacle that stands in the way of fulfilling that wish (or reaching the goal).
4. **Plan:** Students name an effective behavior to overcome the obstacle and create a specific plan, using an if-then statement: "If X happens, then I will Y."