

Your Philosophy of Behavior

Adapted from Help for Billy by Heather Forbes, L.S.W.

Put a checkmark next to the statements you agree with *completely*:

- Adopt a regulatory-based platform *instead* of one based on consequences (carrots and sticks)
- Develop strong relationships *instead* of using rewards (carrots) for motivation
- Help students develop internal (self-directed) controls *instead* of external (adult-directed) controls
- Use time-ins *instead* of time-outs
- Set a student's expectations to his emotional/social age, *not* his chronological age
- Address a student's stress *instead* of his behavior
- Develop a family focus in the classroom where *every* student is an important part of this micro-community
- Focus on the process, *not* the outcome
- Be proactive with a prevention focus *instead* of being reactive and working to intervene after the fact
- Identify and address all transitions, *not* just major transitions a student faces
- Believe that student stress drives behavior *instead* of seeing behavior as a matter of student choice
- Create an environment that fits the student *instead* of requiring the student to fit the environment