



# Classroom Management Workbook for Teachers

*“Research has shown that the most effective way to reduce problem behavior in children is to strengthen desirable behavior through positive reinforcement rather than trying to weaken undesirable behavior through negative processes.”*

– Dr. S.W. Bijou, International Encyclopedia of Education



## A FEW QUESTIONS BEFORE WE BEGIN:

*What are you hoping to gain from this workbook?*

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*What do you want to learn about?*

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## Whose Behavior Are We Trying to Control?

One of the first questions we need to explore is whose behavior are we trying to control? When we genuinely consider that question, we realize there is only one answer. There is only one person's behavior each of us can control and that is our own behavior.

While there aren't magic words or techniques that can guarantee appropriate student behavior, we can work to increase the likelihood that students will behave appropriately. We do this through effective implementation of classroom management skills and principles.



### BEGIN WITH A VISION:

*What does your ideal classroom look like?*

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*How are the students behaving? How do you feel as the teacher?*

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## Four Principles, Five Skills

This workbook will review the four principles of human behavior, five management skills, and several powerful strategies to help you effectively manage the learning environment.

Developed by Dr. Glenn Latham, the skills presented are statistically proven to prevent almost all inappropriate student behavior. There will still be a small amount of inappropriate behavior that we'll have to respond to, but that will become easier and less stressful for you as time goes on.

**Classrooms are full of annoying student behavior.** Did you know that the best way to prevent incorrect behavior from happening is to recognize and appreciate correct behavior?

As Dr. S.W. Bijou says in the International Encyclopedia of Education, "Research has shown that the most effective way to reduce problem behavior in children is to strengthen desirable behavior through positive reinforcement rather than trying to weaken undesirable behavior through negative processes." This means it is better to reward students for positive behavior than to punish them for poor behavior.

### As you come to understand and apply these techniques, you will increase your ability to:

- Teach appropriate behavior
- Increase positive interactions
- Get and keep students on task
- Manage unwanted behavior
- Avoid traps



### FIRST LOOK, WHAT STANDS OUT

*When seeing these skills for the first time, does anything stand out to you?  
Which of these techniques do you think will be the most useful for you?*

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