

## Who's in Control?

Marion Steiger and Marian Hunt

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This workshop assisted participants in gaining a step-by-step approach to solving academic and behavior problems in the classroom. Typically, students are continually told what they should *not* be doing; however, there are few to no instructions or alternatives in correcting offending or inappropriate behaviors. Students should be taught a multitude of positive behavior management interventions that work. Directing student self-control through personal goal setting, self-monitoring, and structuring an intervention/motivation system has proven to be an effective classroom management system. A variety of model interventions indicate the power of letting students control their own program. Research has shown the efficacy of allowing students to identify their individual strengths and weaknesses and then to participate in developing their own program.

The approach described in this workshop results in increased self-responsibility, ownership of problems, and a positive behavior change. Such self-monitoring increased the student's ability to control his/her own behavior and allowed students to determine their individual reinforcement program which provided a systematic motivational tool. Impressive data by teachers and students demonstrated the specific procedures for teachers to use with students in all settings. Ones that teachers can immediately put into place in any classroom were particularly emphasized.

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