

Managing Challenging Student Behavior

VOCATIONAL COLLEGE



Global Education



Co-funded by
the European Union

OSAO

OAMK
OULU UNIVERSITY OF
APPLIED SCIENCES

KURESSAARE AMETIKOOL
REGIONAL TRAINING CENTRE



Mawella VTC
Moshi RTSC



Subcontractor:



Objectives

- Understand the underlying factors of challenging behavior
- Learn effective strategies and methods



Understanding Challenging Behavior



Definition and Examples



Underlying Factors



Behavior as Adaptive and Communicative





Reasons for challenging behavior

1. Psychological and emotional challenges
2. Learning difficulties
3. Social and environmental factors
4. Physical health issues
5. Challenges in the teaching situation

How to Manage Challenging Student Behavior

- Proactive Approach
- Teacher Self-Regulation Skills and Calmness
- Support and Collaboration with Colleagues

1. Proactive Approach

- Identifying and Reflecting on Behavior
- Proactive Measures



Scenario: You have a student, Alex, who often becomes disruptive during group activities.

Proactive Approach:

1.Understand Alex's Triggers: Observe and note the situations that lead to Alex's disruptive behavior.

Maybe Alex feels overwhelmed in large groups or struggles with certain tasks.

2.Plan Ahead: Before starting group activities, arrange the groups in a way that Alex feels more comfortable.

Perhaps pair Alex with a student they get along with or in a smaller group.

3.Set Clear Expectations: At the beginning of the activity, clearly explain the rules and expectations.

Make sure Alex understands what is expected and what the consequences of disruptive behavior will be.

4.Provide Support: Offer Alex a specific role within the group that plays to their strengths.

This can help him feel more engaged and less likely to act out.

5.Monitor and Adjust: Keep an eye on Alex during the activity.

If you notice signs of frustration or potential disruption, intervene early with a gentle reminder or support.

How is proactive
action implemented
in practice?



Example 2: Proactive Measures

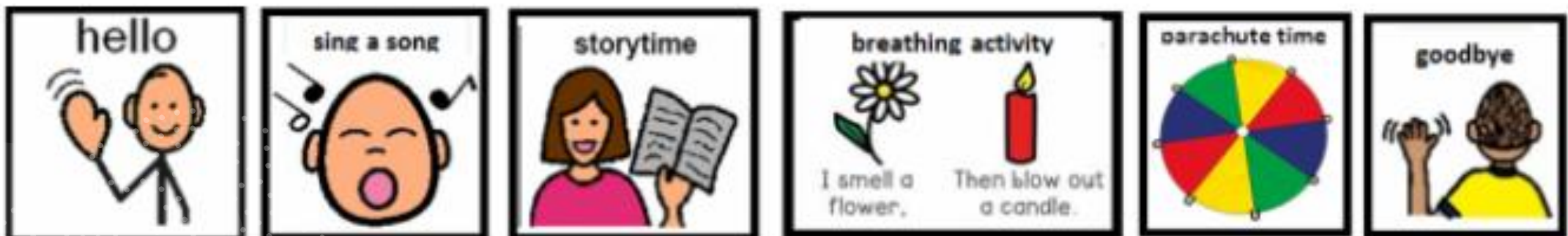
- **Situation:** A student who frequently interrupts the class by speaking out loud.
- **Strategy:** Anticipate the situation by setting clear rules and expectations at the beginning of the class. Use visual reminders, such as traffic lights, to indicate when it is time to speak and when to listen.
- **Implementation:** “Today, we will use traffic lights to help us focus. When the light is green, we can discuss. When the light is red, we listen quietly.”



Proactive Measures

- **Example 3: Structured Routines**

- **Situation:** A student who struggles with transitions between activities.
- **Strategy:** Implement a structured routine with clear visual schedules.
- **Implementation:** “Let’s look at our schedule for today. After music lesson, we will have a short break, and then we will move on to reading. This way, everyone knows what to expect.”



Social Stories

Social stories are an educational tool designed to teach social skills and help understand various social situations. Developed by Carol Gray in 1991

Social stories:

- **Visualize situations:**
 - **Clarify thinking and memory.**
 - **Reduce stress and anxiety**
 - **Promote positive interaction**
- Social stories can include pictures and short sentences that describe the situation, people's reactions, and the desired outcome. They are individualized and encouraging, and can be repeated often to reinforce learning.



Example 4: Social Stories

- **Situation:** A student who has difficulty understanding social cues.
- **Strategy:** Use social stories to teach appropriate behavior in specific situations.
- **Implementation:** “Let’s read this story about how to ask for help politely. It will show us what to do when we need assistance.”



Using Social Stories to Address Aggressive Behavior in Students

- **1. Describe the Situation:** Create a social story that accurately describes the situation where the student typically exhibits aggressive behavior. The story should outline what happens before the aggressive behavior, the behavior itself, and its consequences. This helps the student understand the situation as a whole.
- **2. Desired Behavior:** Include clear instructions on how the student should behave in that situation. Use positive language and emphasize the desired behavior. For example: "When I feel angry, I can take deep breaths and ask the teacher for help."
- **3. Visualization and Repetition:** Use pictures and simple sentences to make the story easy to understand and remember. Repeat the story regularly with the student to reinforce its content and help them learn the desired behavior.
- **4. Calming Techniques:** Incorporate calming techniques into the story, such as deep breathing, counting to ten, or using a calm-down corner. This way, the student learns concrete methods to manage their emotions and behavior.
- **5. Collaboration with Home:** Share the social story with the student's parents so they can support the student at home using the same methods. Collaboration between home and school strengthens the student's learning and behavior change.

Social Story: Speaking Up in Meetings

“Sometimes, during meetings, I might feel anxious about speaking up.

I worry that I might say something incorrect, and my colleagues might judge me.

This makes me feel nervous and hesitant to share my ideas.”

- Step 1:** I feel nervous about speaking.
- Step 2:** I take a deep breath and remind myself that it is okay to make mistakes.
- Step 3:** I gather my thoughts and share my ideas.
- Step 4:** I feel proud for contributing, and my colleagues appreciate my input.

Valuable advice on how
to handle a student's
strong emotions
proactively

- **Use Proactive Strategies:** Implement strategies that prevent challenging behavior before it starts. This could include structured routines, engaging lessons, and providing choices.
- **Provide Breaks and Movement:** Sometimes, students need a break or a chance to move around. Incorporate short breaks or physical activities to help them release energy.
- **Teach Social-Emotional Skills:** Help students develop skills like empathy, self-regulation, and conflict resolution. These skills can reduce challenging behavior over time.

Valuable advice on how
to handle a student's
strong emotions
proactively

- **Build Relationships:** Establish a strong, positive relationship with the student. Show genuine interest in their well-being and build trust.
- **Set Clear Expectations:** Clearly communicate the rules and expectations for behavior. Consistency is key, so ensure that these rules are enforced fairly.
- **Positive Reinforcement:** Recognize and reward positive behavior. This can be more effective than focusing solely on negative behavior.

2. Teacher Self-Regulation Skills and Calmness

- Teacher's Own Skills
- De-escalation Techniques



Example 1: De-escalation Techniques

- **Situation:** A student who gets easily angry and starts yelling.
- **Strategy:** Use a calm and low voice, maintain calm body language, and give the student space to calm down.
- **Implementation:** I see that you are really angry right now. Let's take a moment to calm down. Can you breathe deeply with me? One, two, three... Good, let's continue when you are ready.



De-escalation Techniques

Example 2: Mindfulness Techniques

- **Situation:** A student who becomes anxious and has difficulty focusing.
- **Strategy:** Introduce mindfulness exercises to help the student manage anxiety.
- **Implementation:** “Let’s take a few minutes to practice deep breathing. Breathe in slowly through your nose, hold for a count of three, and then breathe out through your mouth.”

Example 3: Time-Out Strategy

- **Situation:** A student who becomes physically aggressive during conflicts.
- **Strategy:** Use a time-out strategy to give the student space to calm down.
- **Implementation:** “I see you’re very upset right now. Let’s take a break in the quiet corner for a few minutes, and we can talk about it when

Valuable advice on how to handle a student's strong emotions with empathy and understanding

- **Identify Whose Emotion It Is:** Recognize whether the emotion is the student's or your own. This helps you respond more genuinely and compassionately.
- **Be Aware of Your Own Emotions:** Reflect on what you are feeling and what those feelings are trying to tell you. Understand the need behind the emotion.
- **Consider Your Own Needs:** Think about what you would want in a similar situation. For example, if you were angry and tired, would you want your feelings to be met with yelling?
- **Stay Calm and Patient:** Respond to challenging behavior with calmness and patience. This helps de-escalate the situation and sets a positive example.
- **Understand the Root Cause:** Try to understand why the student is behaving this way. There might be underlying issues such as stress, learning difficulties, or problems at home.

3. Support and Collaboration with Colleagues

- Collaboration and Peer Support
- Utilizing Colleague Support



Example 1:

Peer Observation

- **Situation:** A teacher struggling to manage a student's disruptive behavior.
- **Strategy:** Arrange for a peer observation to gain new insights and strategies.
- **Implementation:** "Could you observe my class next Tuesday and provide feedback on how I handle [student's name]'s behavior? I would appreciate your perspective."



Example 2: Team Meetings

- **Situation:** Multiple teachers facing similar behavioral challenges with a student.
- **Strategy:** Hold regular team meetings to discuss strategies and progress.
- **Implementation:** “Let’s meet on Friday to discuss [student’s name]’s behavior and share what strategies have been effective. By doing this, we can ensure a consistent approach.”



Valuable advice on how to handle a student's strong emotions with Colleagues

- **Collaborate with Colleagues and Parents:** Work with other teachers, school counselors, and parents to create a consistent approach to managing the student's behavior.
- **Reflect and Adjust:** Regularly reflect on what strategies are working and what might need adjustment. Be flexible and willing to try new approaches.

Conclusion

Managing challenging student behavior requires a diverse set of skills and strategies.

- By understanding the underlying factors of behavior
- Using proactive strategies
- Developing self-regulation skills
- Utilizing colleague support

We can create a safe and supportive learning environment for all students.

