



Improving Student Self-Management through Intervention with Private Events

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Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

—Lao-Tze



Private Events

Thoughts, Feelings, and Urges
Thoughts v. Feelings v. Emotions

Why?



- Oops sorry! We forgot to give you the memo
- A common language
- Long history of being wrong.. Ouch that hurts!
- Improving relationships
- Self-Advocacy
- Decision Making

A Common Language



What were you thinking?

Don't you know we are using differential reinforcement or "putting you on extinction"


We will ignore you... At some point reinforce the behavior

It is okay to get mad....



- What triggers you?
 - Identify Triggers
- Learn a common language
 - How does it feel and what are you thinking?
 - Do I see you the same way you see you?
- Identify calming/coping strategies and when you need them


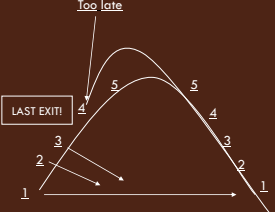

Using a 5-Point Scale



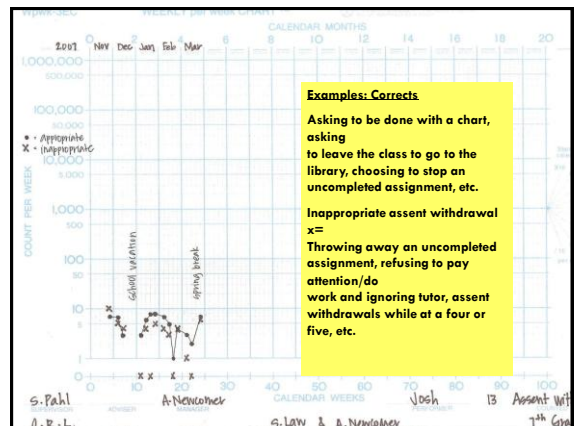
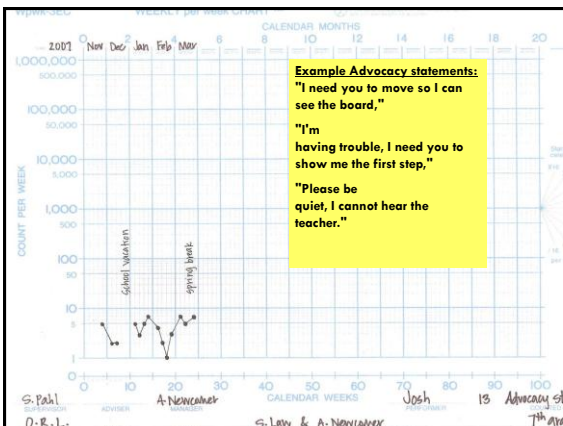
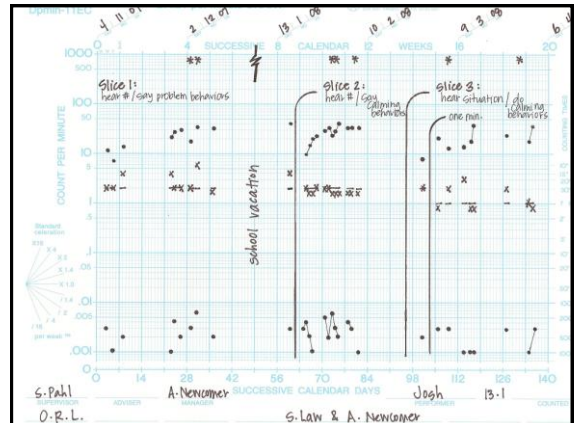
- 1 = Calm
 - What does that mean for you (behavior specific)?
- 2 = A little excited, nervous, anxious, frustrated, irritated
- 3 = Upset, Mad
- 4 = Angry, Dangerous
- 5 = Lose it! Out of Control!

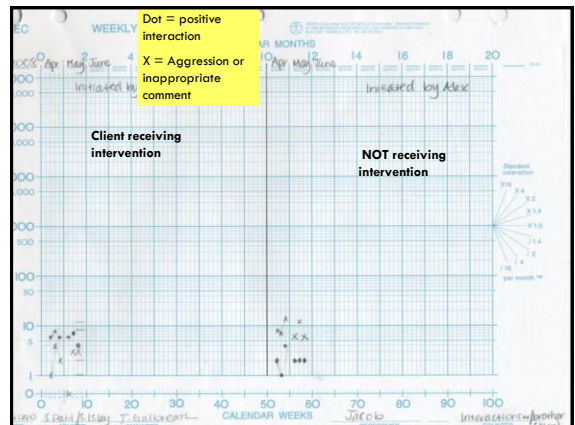
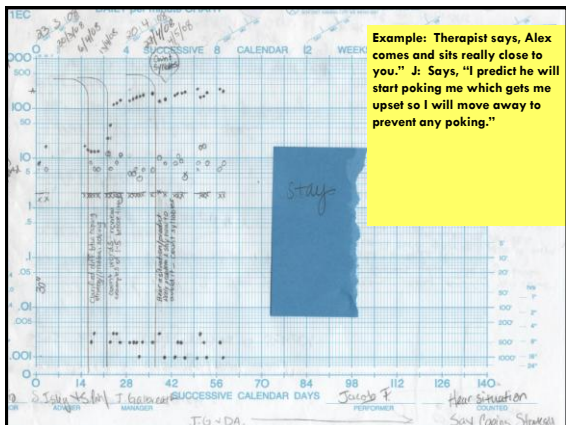
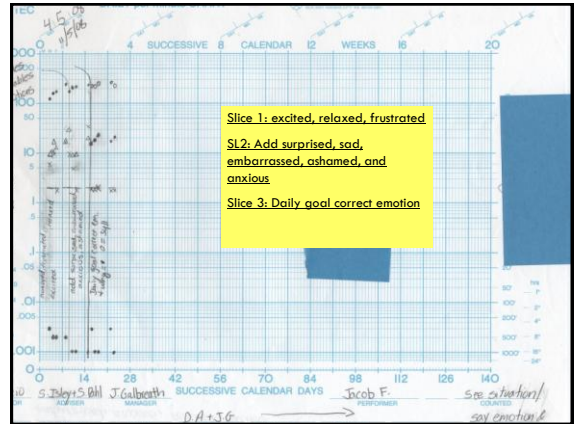
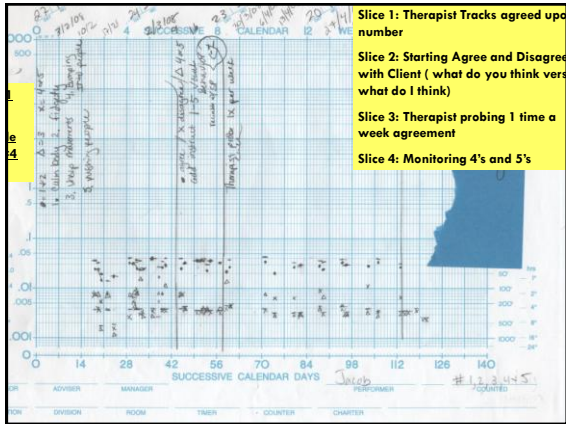
A 5 Is Against the Law


Kari Dunn Buron

- Identify Calming/Coping Strategies
- Evaluating their effectiveness








- Long history of being wrong

imagine you are in a foreign place bumping into cultural traditions daily, routines you did not understand, and did them wrong.



Other Measures and Strategies

- Self monitor preferred topics brought up and number of times you stop yourself from bringing up the topic
- Number of triggers that move from a 5 to a 1 or 2 – Set goals
- Using thought bubbles
- Role Playing

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