

A *Quick* Guide to Behaviour Management



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Importance of Teacher-Student Relationships in Behaviour Management

The foundation of effective teaching lies in building strong teacher-student relationships. These relationships are pivotal for successful behaviour management and can be nurtured by showing interest in students' hobbies, participating in extracurricular activities, and staying updated with current trends.

Overlooked Value of Behaviour Management

Effective behaviour management is crucial for a successful teaching environment, yet often underemphasised in teacher training. Poor behaviour management contributes to high teacher turnover rates and hinders the learning environment.

Emotional and Social Skills

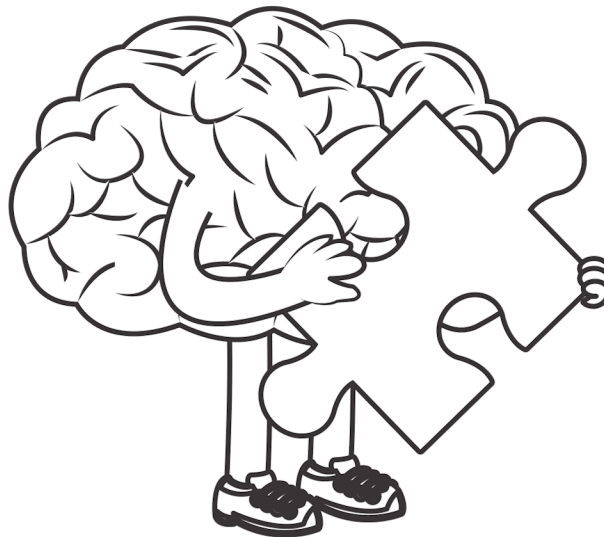
Good teaching isn't limited to curriculum; it also involves teaching social and emotional skills. Effective behaviour management boosts teachers' confidence and job satisfaction.

Key Qualities for Managing Behaviour

Emotional Competence: Teachers should maintain emotional stability, even when confronted with poor behaviour.

Understanding Human Thinking: Being attuned to psychological factors affecting student behaviour.

Excellent Organisation: Organised classroom settings naturally contribute to better behaviour.



The Role of Emotional Competence

Non-Verbal Cues: Facial expressions and body language can significantly impact students' perception of a teacher's effectiveness.

Choice of Words: Positive phrasing, praise, clear expectations, and building rapport with parents can foster a more conducive learning environment.

The Power of Positive Thinking: Internal dialogue shapes your emotional state, impacting both your teaching and student engagement. Positive self-talk is a well-known cognitive therapy technique that improves classroom dynamics.

Incorporating Passion: Teaching effectiveness can be elevated by incorporating your professional and personal passions. Passion energises both you and your students, creating a memorable learning experience.



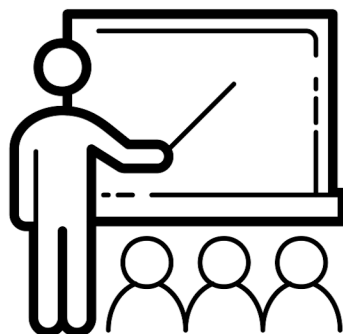
Personal Well-being and Time Management

Self-care through exercise, adequate sleep, and hydration is crucial. Effective time management, including learning to say 'no,' ensures that you focus on what's most important: your teaching.

The Influence of Emotional Competence on Learning

The teacher's emotional competence significantly impacts students' behaviour and emotional well-being. Teachers' words and actions towards students can either encourage or inhibit learning. For example, a 1939 study, often called the "Monster Study," demonstrated that negative feedback can cause severe emotional and behavioural changes in students, making them anxious and withdrawn.

The impact of a teacher's emotional influence is profound, affecting students' self-talk and ultimately their behaviour.



The Role of Anxiety in Academic Performance

Emotional factors like anxiety have been proven to affect academic performance adversely. According to studies, the most frequent emotion students experience during school is anxiety, which can lead to elevated cortisol levels and poor academic outcomes.

There is a complex interplay between emotion, behaviour, and cognition; teachers should aim for a classroom environment that promotes positive emotions for optimal learning.

Creating the Right Environment for Learning

Teachers can influence students' emotional states through classroom ambiance. Noise levels in the classroom have been shown to impact students negatively. On the other hand, the careful selection of background music can promote a more conducive environment for learning.

Classroom atmosphere, including background noise and music, plays a role in facilitating students' emotional well-being and learning.

Understanding Human Behaviour for Effective Teaching

Teachers need to understand basic human motivations to effectively manage classroom behaviour. Employing a system of rewards and consequences can motivate good behaviour. Verbal and non-verbal communication tools, like changing the pitch and tone of one's voice or using hand signals, can effectively garner students' attention.

Effective behaviour management involves understanding human psychology and utilising various strategies, including the effective use of verbal and non-verbal cues.



Engaging the Classroom Leaders

Getting the support of class "ringleaders" can be an effective strategy for behaviour management. These students often crave attention and recognition, and by involving them in roles of responsibility, they can become allies in creating a positive learning environment.

Building relationships with students who have influence over their peers can turn potential disruptors into assets for classroom management.

Remember, a teacher's role extends beyond academic instruction to include the emotional and psychological well-being of their students. Understanding and managing the emotional climate can significantly impact student engagement, behaviour, and ultimately, their academic success.



Classroom Organisation

Creating a structured and predictable classroom environment is essential for both student behaviour and academic success. Teachers should explicitly detail classroom procedures and expectations – such as entering the room, lining up, and leaving – to ensure a stable learning environment. Revisiting these procedures multiple times is particularly beneficial for younger students. Teachers new to the profession can benefit from detailed notes to help internalise these procedures, enabling quicker identification and handling of misbehaviour.

Importance of Consistency

Uniformity extends beyond lesson planning to include student uniforms and work presentation. Adherence to small details promotes a culture of fairness and respect. Consistency in reprimanding or issuing sanctions for poor behaviour is crucial, sending a message that all students are treated equitably.

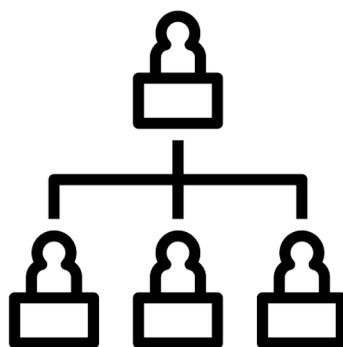


Seating Plans and Online Tools

Implementing a seating plan and utilising online behaviour management tools like Class Dojo can further help in maintaining an organised classroom. Seating plans are particularly useful in the beginning of the academic year for learning names and demonstrating authority. Online tools help engage parents in their children's academic life.

Aesthetic and Order

An uncluttered and beautiful classroom fosters better behaviour and concentration. A simple practice like tidying your desk at the end of the day can significantly influence the classroom atmosphere and, subsequently, student behaviour.



Lesson Planning

Thorough lesson planning is non-negotiable. Every lesson should be designed to challenge students and keep them engaged. Having activities ready for early finishers ensures minimal downtime, contributing to an efficient learning environment.

Managing Misbehaviour

When positive influence and strong organisation fall short, consequences must be clear and hierarchical. A sample sequence for managing low-level behaviour issues might include a warning, seat change, and incremental loss of break time. Consistency in applying sanctions is key for long-term behavioural improvements.

Documentation and Parental Involvement

Maintaining a detailed record of disruptive behaviours provides evidence if discussions with parents or colleagues become necessary. Parental involvement often complements classroom behaviour management. Timely communication with parents — armed with well-documented facts — can help manage difficult situations.

Detention: A Shift Towards Restorative Justice

Detentions have traditionally been used to manage misbehaviour but are often criticised for their inability to change students' behaviour meaningfully. The focus is shifting towards a more restorative justice system, renaming "detentions" as "reflection time." This approach allows for discussion between the teacher and the student about the misconduct, serving both as a deterrent and a means to improve long-term behaviour. The effectiveness of this method is particularly noted at the middle school level.

Overall, effective management of student behaviour requires a multi-faceted approach that includes clear communication, consistency, and the engagement of the parent community. Detention policies are also evolving to become more constructive, aiding in genuine behavioural change.



Summary of Key Points:

- **Core Qualities:** Prioritise emotional competence, understanding of human psychology, and organisational skills.
- **Emotional Skills:** Use positive communication and set clear expectations. Maintain optimistic outlook.
- **Self-Care:** Focus on personal well-being through exercise, sleep, and controlled classroom ambiance.
- **Motivation:** Employ strategic praise and sanctions; vary communication tone for engagement.
- **Influential Students:** Engage classroom 'ringleaders' to build mutual respect.
- **Routine & Tools:** Establish structured routines and use digital tools like Class Dojo.
- **Consistency:** Maintain uniform rule enforcement and presentation standards.
- **Records:** Keep detailed behavior logs.
- **Seating:** Utilise seating plans as a classroom control tool.
- **Parental Involvement:** Use fact-based communication.
- **Lesson Planning:** Design thorough, engaging lessons with minimal idle time.