

The Perfect Alternative to Painful Classroom Management: Pleasant Cooperation

Why do some students behave rudely or become defiant when you ask them to do something?

What stops them from pleasantly cooperating?

How can you get more pleasant cooperation?

Here's your answer. One important reason is because of factors that regulate their brain.



Factors that Regulate Your Students' Brain

I - Adolescents and young adults have brains that are not "finished" yet. Their frontal lobe won't be fully developed until around 27 or 28.

II – This immaturity in the prefrontal cortex is the main cause of the difficulties associated with adolescence (impulsiveness, poor judgment, erratic mood swings, rudeness, defiance, and rebellion, etc).

III – fMRI studies show children ages 9-17 process instructions, procedures, and emotions in the amygdale (emotional brain).

Being in the emotional brain means –

- They pay attention to the present (May not even be able to perceive the future)
- They are ruled by emotions
- They often drop or can be pushed into the "immature" lowest gear of that brain which doesn't mature past age five (that explains the tantrums, whining, complaining, sucking of the teeth, etc)

IV - When an authority speaks, whatever he or she says goes straight to the child's subconscious mind and affects their behavior.

A - Therefore, the authority should speak positively as much as possible. For example, if you say to a child, "You're a bad child," the child will behave badly. On the other hand, if you say to a child, "You are a good child," the child will behave well. That means you should always speak what you want rather than what you don't want.

B - Scientific research shows that it takes nineteen positive statements to offset the effects of one negative statement.

C – Use these Five Brain-Friendly Communication Tips to get more pleasant cooperation.

Tip #1 - Avoid arguing. Arguing shifts their brain into LOW gear. *And what does that mean for you?*

- Resistance
- Tantrums
- Whining
- Complaining
- Making YOU feel frustrated and maybe angry.

Instead, say this to your student: *I want to hear your opinion but arguing means you have made your point more than two times. You have a choice: You can do it now or take a time-out and then do it. It's up to you.*

Tip #2 – Avoid Using the “D” Word. What happens when the brain hears the word, “DON'T?”

Step I - The brain makes pictures of the words it hears.

Step II – After it makes the picture, it has to imagine the opposite.

This is a Two Step Process called Reversal of Ideas. IT IS IMPOSSIBLE FOR CHILDREN TO DO. If you tell a child, “Don't talk while I'm talking,” the brain makes the picture of “them talking while you're talking” and then their mind has to REVERSE that picture. Kids can't do it. Even an adult brain may not be able to do it.

So what do you do? Instead of a DON'T make it a DO – Tell them what you want them to DO.

Examples –

- *Walk in the classroom.*
- *Sit down.*
- *Do your assignment now.*
- *Get permission from me BEFORE you get out of your seat.*

Tip #3 - Use PASS Statements. Pass Statements ENCOURAGE rather than praise. It works better in the long run. They are:

Positive
Affirmative
Short
Simple

Examples:

- You are getting there.
- Give your brain a little time. You'll get there.
- Keep working, you'll get there.
- You can do it.

- You're on the right track.
- Give it your best effort.
- Keep going. It'll come.
- Sooner or later this will become easier for you.
- Keep putting in your effort and it'll happen for you.
- Imagine how good you'll feel when it's done and just go do it.

And – (This is Very Important)
Reward EFFORT more so than success.

Tip #4 – Ask the Important Questions – When they do something inappropriate.

1. When you did so-in-so, what is it you were hoping would turn out good as a result of you doing that?
2. What other ways can you think of to achieve that?

Congratulations! You've just read some very powerful information.

And while you're still in the mood, you can feel free to call me at 714.309.4824 or email me at selina@superachievement.net and avoid missing the opportunity to eliminate whatever unhappiness, frustration, and dissatisfaction you're feeling. And when you call me, you will discover the secrets of gaining a lot more respect, more satisfaction, and more happiness.

Success to You!



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