

Development of an assertiveness training module for college-level instructors.

EducationalResources Information Center - Assertiveness And Self

Lesson 5
Empathy and Communication: Being Assertive

Grade 6

Teaching Note: Assertive vs. aggressive In this lesson, students learn the difference between assertive communication style and aggressive communication style expected within the school setting. Some students may feel that being assertive is the same as being aggressive, so the most effective way to have their needs met without being aggressive is to be assertive. The goal of this program is to teach them skills that help them succeed in school and in life as well.

Program Note: Considered a sign of disrespect in some cultures. This lesson is designed to help students understand why it does not necessarily mean making eye contact if you think that person is being aggressive. If you are respectful, these students can focus on other aspects of assertiveness such as body language, tone of voice, word choice, and posture. This lesson also gives students an opportunity to discuss cultural differences with students.

Using Lesson Content Every Day Encourage students to practice assertiveness to model assertive communication skills and behaviors. Encourage them to think about how assertiveness will carry over to students' families.

Use the terms "assertive," "passive," and "aggressive" when communicating on behaviors during group and individual discussions. Encourage students to communicate when you notice it. For example, "I noticed that you were being assertive when you spoke on the board in a clear, calm way. We can use assertiveness in many situations."

Take time to individually coach students who are merely passive or aggressive in groups. Suggest appropriate ways for them to change their behavior. For example, "What do you think, Tamara?" or "There are good and bad ways to be assertive." Let's make sure we have nice and kind interactions with assignments. Let them know the best way to get what they want.

Demonstrate how students can communicate assertively with adults. Encourage them to practice assertiveness with assignments. Let them know the best way to get what they want.

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Description: -

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Assertiveness Training: How to behave more assertively

Making or breaking habits takes time. This was a very useful exercise because it really explained the differences between passive, assertive and aggressive. Learn specific techniques to become more assertive in all parts of your life.

PPD Personal and Professional Development

No-one is very surprised at their score.

Effective Communication Skills Training Course

Some cards prompted lively group discussions, whilst others prompted some role play from some of the more enthusiastic participants! Ss were randomly assigned to experimental and waiting list control groups. Richard Linder rated this item with 5 stars.

Stress and time management : the development of an awareness and training program for older children

We encourage trainee participation through group discussions, role-plays, group activities, assessments and more. Starting this Assertiveness Training Courses , you will learn about what boundaries are and the right way to set them Let us just use it for a point of learning reference.

Self Development

In this lesson, we will explore exactly what it means to be assertive.

Related Books

- [Hopi silver - the history and hallmarks of Hopi silversmithing.](#)
- [New dead meat and poultry market - The Smithfield Market Corporation Committee ... dedicated without](#)
- [Aprendizagem tecnológica no Brasil - a experiência da indústria química e petroquímica](#)
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