

Participant Workbook

Name: _____

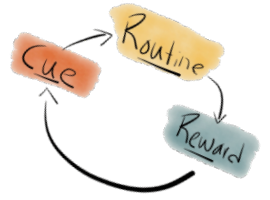
Date: _____

School: _____

Grade Level: _____

References:

- Alderman, T.W. (1997) Discipline: A Total Approach Resource Book
- Duhigg, Charles (2012) The Power of Habit: Why We Do What We Do in Life and Business
- Duckworth Angela L. & Seligman, M. "Self-Discipline has a bigger effect on" Psychological Science 16 (2005) 939-44.
- Jackson, Magge (2009) Distracted: The Erosion of Attention and the Coming Dark Age



“Students are required to attend school by law, but they are _____ whose _____ and _____ must be _____ in order for learning to occur at high levels..”

- Unknown

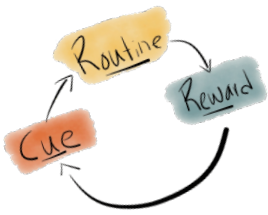
Low _____ for Teachers and Students.

Low _____ for Teachers and High _____ for the Students.

High _____ for Teachers and Students.

High _____ for Teachers and High _____ for Students.

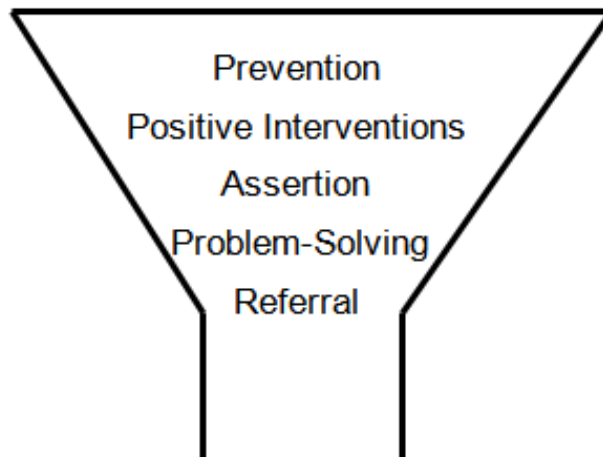
_____ a strong belief that something will happen or be the case in the future.



P _____
 &
 O _____

Document Everything...

Emails	Phone Messages	Text Messages
Class Dojo	Remind 101	Conferences



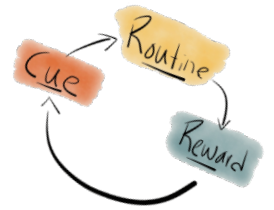
Positive Intervention is intervening without _____ or consequences.

“Teachers who are hostile or aggressive often take legitimate _____ and “escalate” them into _____ by responding with anger and sarcasm.”

Student _____

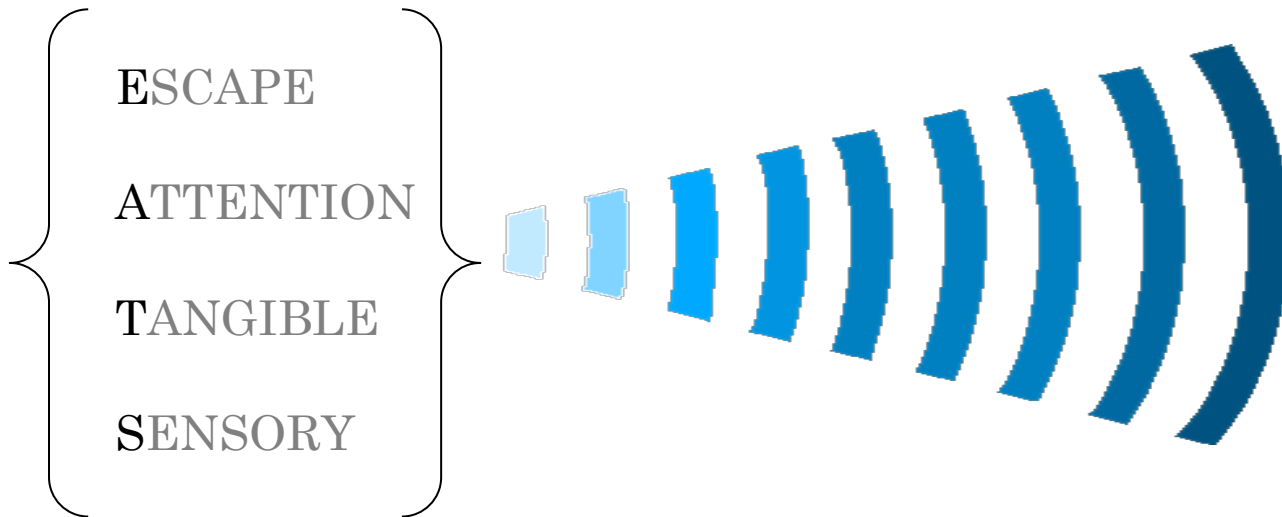
&

_____ Needs



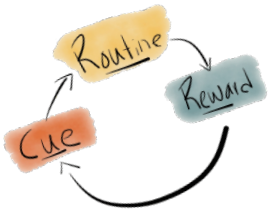
What ingredients are essential for student success?

_____ and _____.



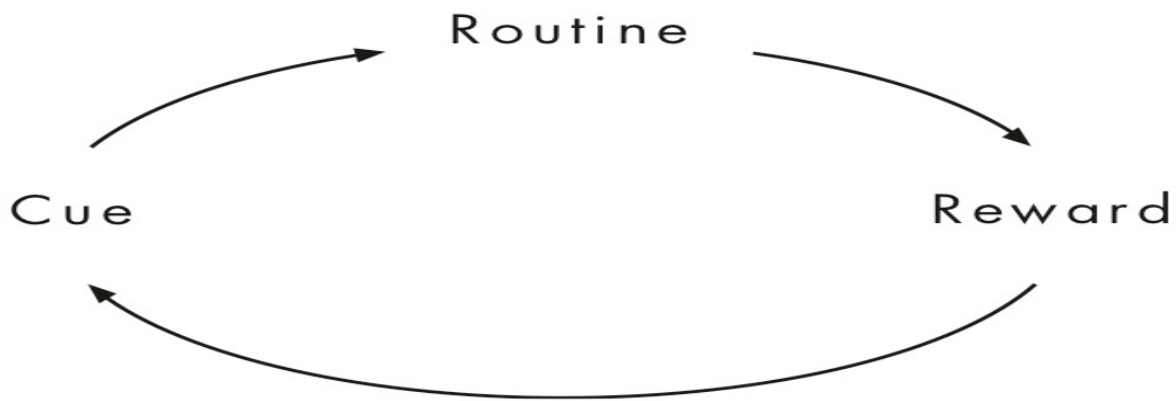
The Trash Can Kid – Activity

What are your initial thoughts on a student that has this kind of behavior summary like AC Slater?



HABITS

An _____ pattern of behavior in reaction to a specific situation; maybe inherited or acquired through _____ .



Cravings are initiated by the cue, which makes our brains go into _____.

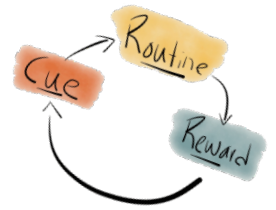
Ways to change habits:

1. Keep the _____.
2. Provide the _____ reward.
3. Insert a new _____.

Think _____

&

Include Best _____



Activity #3 – My Perception

Give the statement an employee may say when you leave the following restaurants:

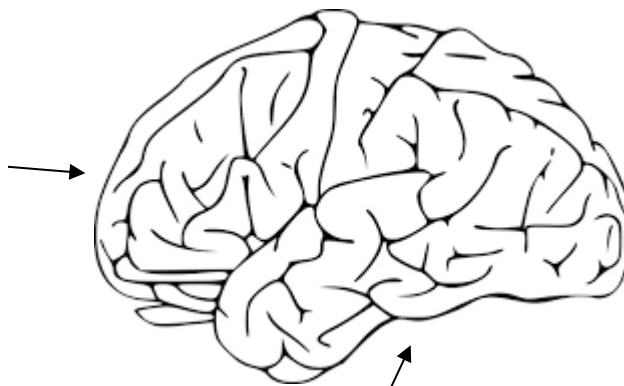
Chick Fil A - _____

VS

McDonalds - _____

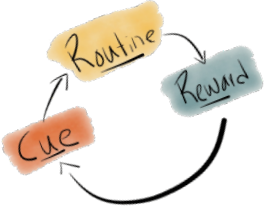
Attention

_____ -
keeps information in your
mind, then you use it.



_____ - being able
to ignore distractions and resist
temptations.

_____ - thinking of
something in more than one way.



- 48% of people say they couldn't bear to live without their smartphones.
- 80% of teens check their phones _____?

“What you _____ is what you _____ everyday.



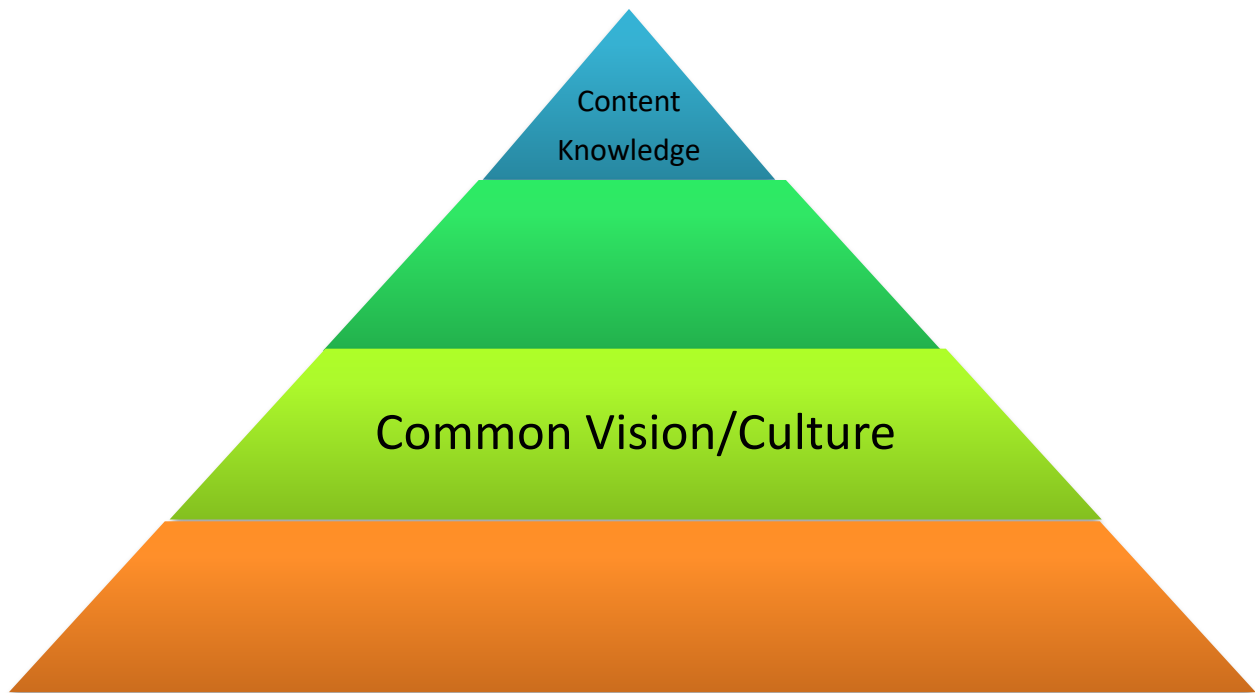
When is the best time to speak to a student about their behavior? _____

Vary _____

&

E _____

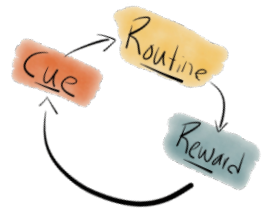
Take frequent _____ breaks.



"People don't change their behavior unless it makes a difference for them to do so".

- Frank Tarkenton

NOTES

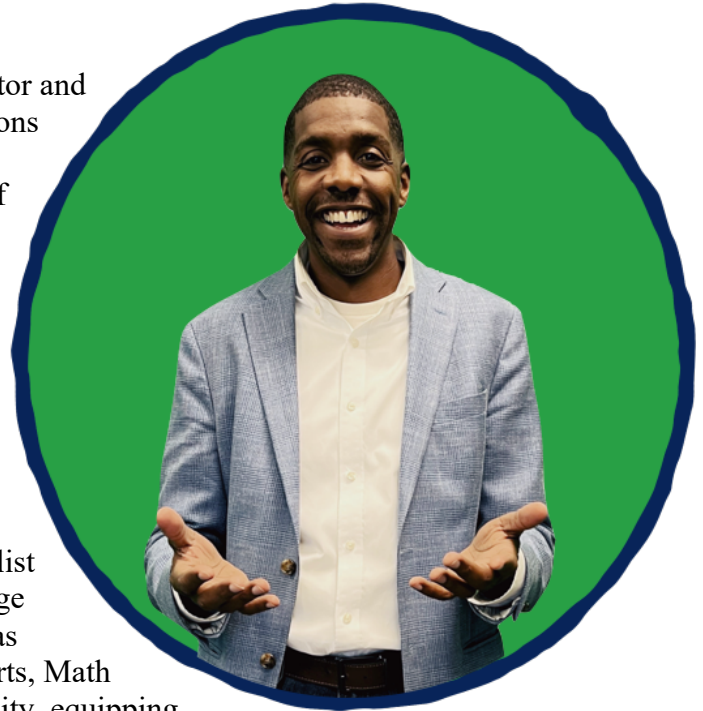


ANTHONY **M** CHILES

Inspiring Real Connections, in the Digital Age

Anthony M. Chiles is an engaging communicator and an expert in helping people build real connections with others and create positive learning environments in schools. With over 18 years of experience as an educator and administrator in Georgia, Anthony is deeply committed to servant leadership and applies a head, heart, and hands approach to teaching others.

Anthony holds a Bachelor of Music Education from Berry College, where he developed a strong foundation in music and the arts. He then pursued further academic achievements, obtaining a Master's and Specialist in Educational Leadership from Georgia College and State University. Additionally, Anthony has earned a Science, Technology, Engineering, Arts, Math (STEAM) Endorsement from Augusta University, equipping him with a multidisciplinary perspective that enhances his ability to address complex challenges in today's educational landscape.



Anthony cherishes his role as a husband to Sherrie and a father to their six beautiful children. Growing up as a military dependent, he has had the privilege of experiencing diverse cultures and backgrounds, instilling in him a deep appreciation for inclusivity and a genuine desire to support individuals from all walks of life. He is dedicated to creating transformative experiences and empowering others to thrive personally and professionally.

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