

## EDS 502

# Building Confidence in the Classroom

**NASET Study Hours Awarded for this Course: 8**

### Course Overview

Without a foundation of confidence, learning, retention and thinking may be greatly affected. Positive Restructuring, an organized program for building confidence, is the vehicle that will allow you to accomplish this task in a developmental and organized manner which will ensure greater capacity and motivation for learning. This course, *Building Confidence in the Classroom- The Use of Positive Restructuring for Children*, presents the necessary foundational process we call confidence building with every child in the classroom.

As teachers, you face situations everyday with children who may be resistant, unmotivated, have fears of failure, avoid handing in work, are unwilling to participate and so on. Many times, these students' symptoms are treated instead of the reasons why such behavior exists. Furthermore, the real cause of these symptoms is a lack of confidence ability. When children lack the foundation of confidence, numerous secondary symptoms occur, often causing great strain on the patience of teachers.

Teachers are well aware of how great the classroom environment is for those children who have a sense of confidence. They participate, are motivated, have positive outlooks, willing to venture out, willingness to try new things, and enjoy doing their work and learn. However, one must ask what the difference is and in many cases it is nothing more than the perception of low confidence verses the perception of high confidence. Since perception almost always determines behavior, changing one's confidence will change one's perception and therefore increases the likelihood of changing behavioral outcomes.

Many educators have not been provided with a clear understanding of why children do what they do and what to do when they do it. Confidence building is too crucial to leave it up to trial and error. This course will assist every teacher in this crucial task. Building confidence in children should be the first responsibility of every teacher, since very little can take place without it. Such responsibility requires a complete understanding of all the pitfalls and options available. This Professional Development course will provide that need.

**The focus of this professional development course will be to teach you the following material:**

- The definition of confidence
- Confidence building
- Factors involved in high self esteem
- Factors involved in low self esteem
- Ways of building confidence

- Rules of Positive Restructuring
- Symptoms indicating low levels of confidence
- Avoidance patterns as an indication of low levels of confidence
- How negative energy drains confidence
- Causes of serious problems in school
- How teacher personality style affects the growth of self confidence
- Classroom practices for building confidence
- Success bank accounts

**Terminology you will learn in this course includes:**

- Confidence
- Positive restructuring
- Self esteem
- Self worth
- Solution orientation
- Empowerment
- Hope
- Resiliency
- Security
- Recognition
- Avoidance behavior patterns
- Negative energy drain
- Positive teaching characteristics
- Negative teaching characteristics
- Ego teaching

