The focus is on the student's behavior, not the student- "love the sinner, not the sin."
According to Glasser, an American Psychiatrist, regardless of what has happened in our lives, we can choose behaviors that will help us meet our needs more effectively in the future. Glasser was the first to insist that students are rational beings and in control of their own behavior. Every student is responsible for his or her own actions and must face the consequences of those actions. It is the teacher’s responsibility to help the child realize when he or she acts irrationally or irresponsibly. The teacher can do this by creating an environment that motivates students to make better choices. By doing so, the teacher is helping to create a more responsible individual that can problem solve. She is guiding her students toward reality.

The practice of the Reality Theory is an ongoing process made up of two components: creating a trusting environment and using techniques to help a student discover what he or she really wants, the ability to reflect on what he or she wants, and creating a plan to more effectively fulfill his or her want in the future.

CLASSROOM RULES AND MEETINGS

All children should be actively engaged in the learning process. This is done by having every child participate in creating the class rules. Class meetings are essential to Glasser’s model. The students discuss class situations and problems.

FOCUS ON “YOU”

When confronting a student, the teacher should use “what” not “why” questions that focus on “you.” This motivates the child to take responsibility for himself without passing blame.

For example:

“What are you doing?”

“If you continue, what will happen?”

“What are you doing that breaks the rules?”

SMALL GROUPS

Putting students in small groups creates a sense of belonging. They each carry a weight for the group. The stronger students help the weaker students. Small groups create responsibility. This creates positive social interaction.

BEHAVIOR CONTRACT

When a student misbehaves, Glasser recommends creating a behavior contract to promote self motivation in changing behavior. The contract includes the date, the offense, and the individual’s future plan to prevent the behavior from reoccurring.

According to Glasser, an American Psychiatrist, regardless of what has happened in our lives, we can choose behaviors that will help us meet our needs more effectively in the future. Glasser was the first to insist that students are rational beings and in control of their own behavior. Every student is responsible for his or her own actions and must face the consequences of those actions. It is the teacher’s responsibility to help the child realize when he or she acts irrationally or irresponsibly. The teacher can do this by creating an environment that motivates students to make better choices. By doing so, the teacher is helping to create a more responsible individual that can problem solve. She is guiding her students toward reality.

The practice of the Reality Theory is an ongoing process made up of two components: creating a trusting environment and using techniques to help a student discover what he or she really wants, the ability to reflect on what he or she wants, and creating a plan to more effectively fulfill his or her want in the future.

CLASSROOM RULES AND MEETINGS

All children should be actively engaged in the learning process. This is done by having every child participate in creating the class rules. Class meetings are essential to Glasser’s model. The students discuss class situations and problems.

FOCUS ON “YOU”

When confronting a student, the teacher should use “what” not “why” questions that focus on “you.” This motivates the child to take responsibility for himself without passing blame.

For example:

“What are you doing?”

“If you continue, what will happen?”

“What are you doing that breaks the rules?”

SMALL GROUPS

Putting students in small groups creates a sense of belonging. They each carry a weight for the group. The stronger students help the weaker students. Small groups create responsibility. This creates positive social interaction.

BEHAVIOR CONTRACT

When a student misbehaves, Glasser recommends creating a behavior contract to promote self motivation in changing behavior. The contract includes the date, the offense, and the individual’s future plan to prevent the behavior from reoccurring.