

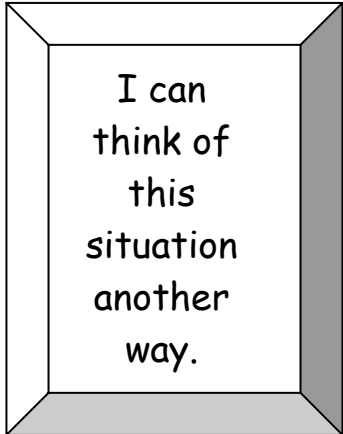
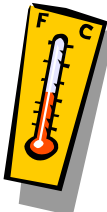






Ms. Strauss' 2008-2009 Guidance Sheet  
 "EFFORT isn't easy."

<p><b>Problem Solving Method:</b>          What's the problem?          Think what to do.          Try it.          Evaluate.</p> 	<p><b>Self Talk:</b></p>  <p>"I can do this."          "I know what to do."          "Take my time."          "I'm ok."</p>	<p><b>Reframing:</b></p>  <p>I can think of this situation another way.</p>
<p><b>Anger Management:</b>          Breathe          Count to 10          Stretch</p>  <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Listening</b></p>  <p>Look at the speaker.          Think about what is being said.          Ask a question or comment to show understanding.</p>	<p><b>Perspective Taking:</b></p>  <p>See the situation from your point of view and from my point of view.</p>
<p><b>"I" Statements:</b></p>  <p>"I feel _____ when _____.          I would like _____."</p>	<p><b>Decision Making:</b></p>  <p>Choices          Consequences (positive and negative)          Decision</p>	<p><b>Goal Setting:</b>          Specific          Measurable          Attainable          Realistic          Timely</p> 