Teaching the Skills That Matter at Home

As we all adjust to rapidly changing circumstances in response to the COVID-19 pandemic, one of the biggest challenges is continuing to support students' education in a new environment. Students might be struggling with skills that will be crucial for succeeding in these new circumstances, such as conflict management, assertiveness, self-efficacy, and self-regulation. To support teachers, students, and families in adapting, we are highlighting some helpful resources for supporting students' intrapersonal and interpersonal skills in a virtual and/or home learning environment. Consider practicing these strategies along with your students – it's a stressful time for all of us.

Conflict Management

As you make this transition, are you noticing that students are struggling to see the perspectives of others, getting in more arguments, having trouble taking responsibility for their actions, and/or struggling to find satisfactory solutions to disagreements? Conflicts are an inevitable part of life, especially in times of change and upheaval. Conflict management helps students identify their usual response to conflict (and learn what other approaches are available), understand conflicts from others' perspectives, and address conflicts in healthier, more productive ways. Below, explore conflict management resources and tools that you might find helpful for supporting your students.

- **Conflict Management Styles Assessment:** for supporting middle and high school students in identifying their usual response to conflict. Everyone deals with conflict differently, and each of the 5 conflict management styles can be appropriate in certain situations. After students take the **Conflict Management Styles Assessment** to identify their natural response to conflict, ask them to think about 3 recent conflicts they've experienced and then consider which conflict management style they used, whether it was effective, and what other style or styles might have been more effective. The assessment can be completed on paper or via http://researchcollaboration.org where results are automatically graphed for students and teachers.

- **Anger Iceberg:** For supporting elementary, middle, and high school students. We all experience anger, especially at times when we are struggling with uncertainty and change. Anger is a natural emotion, but not all students are equipped to understand what is causing their anger or know how to address it in an appropriate, healthy way. The **Anger Iceberg** helps demonstrate that anger is often caused by other underlying emotions. Have students think about a time when they've been angry recently and consider what other underlying emotions might have fueled the anger. Then discuss and identify ways to express underlying emotions.

- **The Blind Men and the Elephant** and **Teaching Students to Take Another's Perspective:** For supporting elementary, middle, and high school students in developing empathy. Being able to see a situation from another's perspective is an important part of conflict management. The video **The Blind Men and the Elephant** demonstrates how much someone's perspective can influence their understanding of a situation. After showing the video, use some of the tips from **Teaching Students to Take Another's Perspective** to help students continue developing their empathy.

- **Six Steps for Negotiation** and **Two Girls and an Orange:** For empowering elementary, middle, and high school students to effectively address conflicts. **Six Steps for Negotiation** describes a process that students can use to stay calm while working to negotiate a solution that will be beneficial for everyone involved; the video **Two Girls and an Orange** uses a specific situation to illustrate the idea that resolving conflicts doesn't need to be all or nothing for the people involved – by using effective communication and creative problem-solving, solutions can work for everyone.

You can find other resources for supporting your students' conflict management on http://resources.cccframework.org.