From Learned Helplessness/Passivity/Dependency to Self-Determination

by

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Being an educator is one of the hardest jobs there is.
Special educators have the most challenging job of all.
Some of our students are not responsive to our teaching efforts.
All of our students are motivated and have a positive attitude.
We can deal effectively with learned helplessness/passivity.
We can find out more about learned helplessness.
There is a ton of research on the topic of learned helplessness.
What is it, anyway? .
The phenomenon was discovered by accident.
Researchers found out that people are not lab rats.
You are what you think.

A pessimist is ONE WHO makes difficulties OF opportunities

AN optimist MAKES opportunities OF difficulties

Winston Churchill
What’s your typical pattern for explaining events?
Where does depression fit in here?
What can learned helplessness look like in a student?
The student may be hard to motivate.

MOTIVATION

If a Pretty Poster and a Cute Saying are All it Takes to Motivate You, You Probably have a Very Easy Job. The Kind Robots Will be Doing Soon.
Performance on tasks may be impaired.
Some behaviors may not seem to be related to passivity.
Some of our students are not responsive to our teaching efforts.
We can look at what we might be doing to keep the student passive.
Wow! I can read your mind!
Don’t bother; I’ll say it for you.
Here, let me choose for you.
I can do a better job on this project than you can.
I like things just the way they are!
I’m comfortable with the same old lessons.
Funny; this reinforcer always worked before.
I’m the boss of you.

enough about me
let’s talk about me

enough about you
let’s talk about me.

Everyone is entitled
to my opinion

It’s all about ME

I may be wrong
but I doubt it
Don’t waste my valuable time!
Hurry up and answer!
You can tell by my face I want out of this place.
If you don’t do it, I’ll talk you to death.
Some of our students are not responsive to our teaching efforts.
We can work with students in a different way.

A good teacher helps those who are doing poorly to do well, and helps those who are doing well to do even better!
We can listen to them more carefully.
Even when they speak clearly we sometimes don’t hear them.
AAC users need some special attention.
Behaviors are usually communicative.

“Ha, that’s very funny, Sharon. But seriously, what would you really like me to do with the disruptive children in your class?”
We can make it easier for them to have success.
Give students lots of opportunities for success.

Happiness lies in the joy of achievement and the thrill of creative effort

Franklin Roosevelt
Give appropriate tasks and time frames.
Allow students to take ownership of their work.
We can help them build self-determination.
We all want to have choice and control in our lives.
Can they plan, set goals, and problem-solve?
Self-esteem and optimism are related.
Can we use this new information to help our students learn?
Some of our students are not responsive to our teaching efforts.
We can deal effectively with learned helplessness/passivity.
Our students are independent, motivated, and eager to learn.
We all feel empowered and less helpless.
THE END

Thank you for being here!