

Promise Fellow Tools and Resources

Behavior Tracking Chart Daily checks for achieving behavior goals

This is a chart that a Fellow adapted from one that her assistant principal had been using with one of the Fellow's focus list youth. The youth had become frustrated with the older chart, so the Fellow worked with her to redraft it, adding a few personal touches that ended up making all the difference.



	Advisory Instructor	1 st Instructor	
Scored by teachers...			
Resolve conflicts peacefully	0 1 2	0 1 2	
Get to class on time	0 1 2	0 1 2	
Scored by self...			
Turn in work on time	0 1 2	0 1 2	
TOTAL	___/6	___/6	

*After the assistant principal gave us the go-ahead, I met with the student and talked about her old behavior goals, whether she thought they were still challenging, which she struggled with, and how she knew she should behave. The behavior "chart" that we came up with together listed three behaviors for her to work on (two to be scored by her teacher, one to be self-scored). **I made sure to format her chart differently from the other one that I'd done, to give her a sense of independence and pride with it.** She was still responsible for getting signatures and returning it to me at the end of the day, but I would give her her sheet each morning (printed on colored paper so it was harder to lose) and wrote her a pass at the bottom so she could come to my office at 3pm. Every day.*

*She wasn't very consistent, and admitted to ripping them up, so I decided to add something extra to her sheet one day without telling her. As soon as she saw it, she noticed. "What does that mean?" she asked. **I'd written an inspirational quote up in the corner, just something small but with a positive, you-can-do-it message. I told her that she needed a little inspiration and reminder of her commitment and my belief in her.** She didn't say much, but as I kept putting new inspirational quotes on her sheets every morning, I saw that she started to return them more frequently. She's a bright girl, and getting her to reflect on someone else's words about peace, violence, happiness, commitment, etc. helped her connect and commit to the behavior sheet.*

Intervention Logs Tracking daily interventions

Several Fellows have used logs like these two to keep track of the interventions that they implement with their youth. One Fellow from last year wrote that her log helped her easily identify which of her youth she hadn't met with recently.

She also noted that *"having all of this information organized in a table makes entering intervention data at the end of the day much more streamlined."*



Intervention Log		
Student Name: _____		
Date	# of Minutes	Intervention



Week Of:			
Student Initials	Date	Intervention	Minutes

Useful Websites

www.PBISworld.com Intervention strategies and resources galore!

A few Fellows from last year used this website to find creative, new approaches to behavioral issues that they had been struggling to address on their own. On the front page you'll find a list of behavior types, from 'aggressive and/or bullying,' to 'tardiness' and 'failing to turn work in.' Clicking on one of these behaviors will take you to an extensive list of intervention strategies, each of which comes with a concise explanation of why, when, and how to use the strategy, as well as links to various resources that support the technique.



Make sure to check out their '[Data](#)' section (via the navigation bar at the top of the page), where they've assembled an impressive collection of forms and spreadsheets, including various behavior charts, intervention tracking sheets, referral forms, and learning style surveys, among other useful documents.

www.Unstuck.com Customized advice for overcoming obstacles

Unstuck offers its users a stylishly designed, life-coaching tool for working through all sorts of personal difficulties. It begins by establishing what the user is currently feeling, thinking, and doing, and identifying whether anyone else is involved in his or her 'stuck' moment. The site then provides an assessment that includes inspiring stories about people who overcame similar struggles and concrete personal suggestions for getting 'unstuck.' For example, one might be diagnosed with 'tunnel vision,' told of how Bette Graham—the inventor of liquid paper—overcame this problem early in her career, and advised to 'Listen more than you talk: you can't take in new information if you are the dominate voice' or 'don't act like an expert: let yourself be vulnerable enough to know you could learn something new.'



One Fellow found that, "*with a little adaptation,*" this site worked very well for her and her youth.

*For many of my students they are caught in the perception that they are not able to achieve because people have told them for so long that they would not amount to anything. The website has a variety of tools to help people get out of negative mindsets... **Another thing that I use the website for is to help students with goal setting and meeting those goals.** When I have students set goals, sometimes they are unsure of what they want as a goal, or they name goals that other people have for them. Unstuck, has a series of questions for people to ask themselves to find out what they really want and how to break down goals into smaller sets. Also when a student is having difficulty completing a goal, we look at why that goal is not being accomplished by using questions from the website.*