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Over-plan the subsequent activities and make them increasingly challenging plan in short segments that reflect the Phases of Instruction. Be responsive to students’ ability to stay focused. Be flexible and responsive to the day’s events. Have clear goals for every lesson. Promote activity (60/40 rule; students talk 60% of the time and the teacher talks 40% of the time). Be proactive about discipline; anticipate typical problems and plan to avoid them.


Establish routines that save learning time. Diminish rules (3-5 maximum) and have plenty of time-saving procedures. Teach and expect learning every minute of the day (bell to bell; holiday to holiday). Be clear about your bottom line(s) (e.g., “It’s never ok to interrupt our learning” or “It’s never going to be acceptable to make fun of someone”) it is never acceptable for you to yell and scream; be firm and clear but always calm the more out of control the student is, the more in control you must become.

Teach for real life. Relate the skills you are teaching to students’ current lives. Plan for intentional, active student involvement. Believe that every student can succeed. Project your belief that every student can succeed. Teach enthusiastically. Project a love for everything you teach. Maintain an organized room. Promote discussion. Present lessons with enthusiasm. Maintain control. Be flexible and responsive to the day’s events. Stay focused. Avoid interrupting the learning to manage your stress. Have a discipline plan; use it! Be consistent. Have a discipline plan; use it!

Discipline effectively. Be aware of (if/when) your students may be “pushing your buttons” appear calm. Be consistent. Have a discipline plan; use it! Manage your stress. Use your psychology knowledge to manage your classroom; know what your students will respond to & use it. Choose the better (not the bitter) path. Treat students with dignity. Hold students accountable. Act, don’t react. Look for what is causing misbehavior. Talk to students about their wants and needs. Control yourself! Find the good in every child; if they feel good, they are less likely to misbehave.

Motivate and inspire your students. Create contagious excitement. Keep your personal problems and concerns out of the school; maintain professional boundaries. Make every student feel special.

Show personal interest in every student. Know students’ backgrounds, both personal and academic; maintain professional boundaries. Make every student feel special.

Project your professionalism. Dress professionally. Be cordial to everyone. Differentiate between chitchat and gossip. Maintain the dignity and privacy of your students. Look for solutions. Never see yourself as a victim. Maintain self-control. Think…then act. Be cool and calm continue to grow professionally. Maintain your professional dignity. Believe that you must do your best, not be the best. Make sure your decisions benefit your students. Focus on your students’ needs. Keep assessment authentic. Know your students. See yourself as one of many in the school providing service to your students. Take an “across the curriculum” approach to all skills; all teachers are responsible for all subjects.

7 Simple Secrets: What the Best Teachers Know and Do