



## Reflection & Tips: Menu of Options & Choose Intervention

Take a moment to reflect on your skills and comfort in using the Check-Up menu, helping the teacher select strategies based on the feedback, and developing a plan. Look over the list of skills below and then ask yourself the following questions:

### Key Planning Skills

- Be creative and flexible in thinking of possible problems and solutions
- Invite the teacher to contribute to ideas about the plan
- Offer advice only when invited or after you get permission
- Get the teacher to identify specific, measurable, and realistic goals
- Anticipate barriers and what might go wrong with a plan
- Give authentic affirmations
- Use concise summary statements throughout the meeting
- Ask the ruler questions

- What are the aspects of using the menu and planning that I do especially well?
- What are the aspects of using the menu and planning that I could improve upon?
- What will get in the way of me being an effective problem solver with teachers?
- How can I overcome these potential challenges?
- What is one thing I would like to improve upon when it comes to using the menu and planning?

Complete the following sentences in your own words:

**Improving my use of the menu and planning is important for me because...**

**I am confident that I can improve my use of the menu and planning skills because...**



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Challenges	Tips from the Field
<p><i>I find myself wanting to tell the teacher what strategy would be best for them.</i></p>	<p>We know that people are much more likely to do something when they come up with the idea themselves. You are there to help guide the process, but letting them make the ultimate decision will increase the likelihood it actually happens in the classroom.</p>
<p><i>The teacher wants to select an area for improvement that was not a red area on the feedback form.</i></p>	<p>It helps to have the feedback form nearby to reference as you peruse the Check-Up menu. This will help guide the teacher to select areas that are in need of attention. However, on some occasions, a teacher may feel like another area is more important to focus attention upon. This is OK, too. In fact, many of the strategies will improve multiple areas. For instance, if you focus on classroom rules, this should increase use of praise, decrease reprimands, improve interactions with students, and decrease disruptions.</p>