

50 Behaviors Which May be Learned and Nurtured through Processes for Student Groups

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1. Create climate for behavior change.
2. Identifying group structure and dynamics.
3. Reviewing behavioral rules and expectations.
4. Skills for planning group activities.
5. Encouragement and nurture group cohesiveness-cooperative learning.
6. Entering into and participate in a “trust” relationships.
7. Development of communication skills: active listening, paraphrasing, summarizing, stating ideas, opinions, eliciting a response, etc.
8. Discuss or analyze daily behaviors.
9. Development of skills for giving and receiving feedback.
10. Encouragement of students to confront / check inappropriate peer behavior.
11. Development of skills to stop (check) inappropriate behavior outside the group meeting without punishment.
12. Provision of a vehicle and skills for crisis intervention (quick group meeting).
13. Psychological skills training: e.g. social skills, anger control, self-control, moral reasoning, or stress management.
14. Development of observation skills: sequencing, objectivity, analysis.
15. Development of skills to recognize/reinforce “model” behavior.
16. Recognizing and reinforcing behavior change.
17. Development of skills for students to monitor their own and group behavior.
18. Identify specific problems and problem areas.
19. Develop a common language for dealing with problem behaviors.
20. Guide interaction among students regarding problem situations.
21. Guide students toward dealing with behavior in an honest and open manner.
22. Discuss alternative behaviors.
23. Describe, discuss and resolve problems.
24. Develop problem solving skills: assess data, consider options, and decide.
25. Developing group behavioral contracts.

26. Setting daily, weekly or long-term goals.
27. Monitor and provide feedback on achievement of personal/group goals.
28. Monitoring behavior change.
29. Analyze behavioral power; (win-lose) relationships, transactional analysis (TA), “put-down syndrome,” “game” playing, life script philosophy.
30. Clarify – discuss values; suggest values, and skills to recognize cognitive dissonance.
31. Promote and reinforce caring behaviors for others.
32. Talk about feelings.
33. Become considerate of others’ feelings.
34. Develop empathy for another person.
35. Ask questions which cause a person to be introspective.
36. Discuss value-laden interpersonal issues.
37. Develop awareness of self-defeating behaviors.
38. Develop awareness of defense mechanisms and confront through the group process.
39. Promote cognitive restructuring (change) through an understanding of S-R.
40. Discuss sex role identification and relationships.
41. Discuss issues related to work-employment responsibilities.
42. Discuss issues related to drug use or abuse.
43. Discuss family relationships.
44. Discuss issues with community problems.
45. Develop coping skills.
46. Develop responsible behavior patterns.
47. Accepting responsibility for personal behavior.
48. Accepting responsibility for group behavior.
49. Developing skills that improve self-concept.
50. Developing leadership potential.