William Glasser: Choice Theory

By: Jessica Young
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Glasser’s Professional Background

By: Jessica Young
William Glasser

• Psychologist
• Psychiatrist
• Author of numerous books on:
  – Mental Health
  – Counseling
  – School Improvement
  – Teaching
William Glasser’s Choice Theory

- **Choice Theory**: behavior is central to our existence and is driven by 5 needs
- Focuses on the 5 concepts of:
  1. Survival
  2. Belonging/Connecting/Love
  3. Power, Significance, and Competence
  4. Freedom and Responsibility
  5. Fun and Learning
5 Basic Needs:

- Survival
- Belonging
- Power or Respect
- Freedom
- Fun

William Glasser’s 5 Basic Needs

Abraham Maslow’s Hierarchy Of Needs

Self Actualization

- Respect & Self-Respect
- Belongingness & Affection
- Safety & Security
- LIFE: Air, Water, Food, Shelter
Teacher’s Role & In Practice

By: Allison Arriaga
Teacher’s Role

• The teacher as a *modern manager*
  – Direct students
  – Use power to reward or punish
• Problem: teachers tell students what to do, like managers, but see themselves as workers
• Teachers need to see themselves as managers
  – If not, students will make little effort
Teacher’s Role

• See difference in modern/traditional manager

• Modern manager:
  – Willing to share power
  – Looks for better ways to share power

• Traditional manager:
  – Never willing to give up power
  – Looks for more power
Teacher’s Role

• Seven Caring Habits
  1. Supporting
  2. Encouraging
  3. Listening
  4. Accepting
  5. Trusting
  6. Respecting
  7. Negotiating differences

• Seven Deadly Habits
  1. Criticizing
  2. Blaming
  3. Complaining
  4. Nagging
  5. Threatening
  6. Punishing
  7. Bribing
Teacher’s Role

• Have no direct control over student learning
• Show value in education
• Enjoy teaching, do it well
• Act as
  – Facilitators
  – Resources
  – Coaches
In Practice

• Offer psychologically satisfying education
• Glasser’s strategy
  – Teacher holds discussions with new topics
  – Asks them what they want to explore
  – Students explain why material is valuable
Expectations for Students & Strengths/Weaknesses of Model

By: Nicole Schreiber
Expectations for Students

• **Quality Curriculum:**
  – Topics students find useful, enjoyable

• **Education:**
  – Process where we discover that learning adds quality to life
Expectations for Students

• Ten Axioms of Choice Theory
  – Key Points
    • Only control own behavior
    • Satisfy needs for now and future
    • Control over acting and thinking
Expectations for Students

- See education will satisfy needs
- Act in own interest
- Sudbury schools
  - Determine what to do, how, and when
  - Initiate own activities
  - Create own environment
  - Explain why material is valuable
Strengths

• We choose how to behave
• Importance of classroom meetings
  – Communication, solving problems
• Teachers help students
  – Envision quality existence in school
  – Plan choices that lead to that
Strengths

• Teachers already use Glasser language
  – “Make good choices”
• Students are responsible for behavior
• Students learn responsible actions
• Students figure out what they want
Weaknesses

• Students
  – Unaware of every choice in behavior
  – Do not always choose wisely

• Teacher
  – Impossible to know every action and react
  – If untrained/poorly trained, can lose control
The Case Study

By: Michael LaMorgese
The Case Study

• William Glasser
  – Classroom story
• Freedom
• Fun
• Power
The Case Study

• Quality school requires use of basic needs
  • Power, freedom, fun, love, and survival
• Understand your students
Conclusion
Conclusion

• I can use this model:
  – Teach responsibility
  – Accountability for behavior
  – See education as important
  – Some choices

• Not all of Choice Theory
  – Too much freedom
Graphes Cited

Images

- Slides 1-6, 9, 12-23:
  - www.office.microsoft.com
- Slides 7, 8, 10, 11:
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