



CHOICE THEORY AT SUNSHINE BEACH STATE SCHOOL

Choice Theory underpins everything we do at Sunshine Beach State School. Quality relationships are our focus.

Helping our learners understand how and why they behave and how they can take more effective control of their lives is part of every class, every day. Some of the ways we do this are:

- All staff trained in Choice Theory, Reality Therapy and Lead Management principles;
- Implementing our whole school Choice Theory curriculum and class lessons;
- Teaching learners to identify and balance their needs;
- Helping learners grow from requiring co-management to being self-managed;
- Continually evaluating our practices by asking 'Is what we are doing getting us the Sunshine Seven Outcomes?';
- Continually evolving our practices towards our Quality Standards in all that we do.

Useful questions that help us to evaluate behaviour choices and plan for change. Try them yourself, or with your kids!

- What do you want? (eg - 'How do you want the relationship with your sister to be?')
- What are you doing (and thinking) to get what you want? ('What have you been doing to get along well with your sister?')
- Is what you're doing working? ('Is hitting your sister helping you to get along with her?')
- What else could you try?
- So, what's your plan from now on?

SUNSHINE SEVEN

Competent, skilled learner
 Life-long learner
 Creative and critical thinker
 Effective communicator
 Happy, confident, self managed individual
 Socially responsible citizen
 Environmental responsible citizen

SUNSHINE RULES

Care for myself
 Care for others
 Care for my learning
 Care for my school



GLASSER QUALITY SCHOOL

PARENT AND CARER INFORMATION



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OUR BASIC NEEDS

LOVE & BELONGING
being loved, loving others, belonging, acceptance, friends, family, groups, clubs, pets

POWER
success, achievement, competence, self-esteem, power over my own life

FREEDOM
choices, options, free will, self-determination, freedom to, freedom from

FUN & ENJOYMENT
humour, learning, change, any activity you find enjoyable

SURVIVAL
food & water, health, safety, security, shelter

WE ARE CONSTANTLY DRIVEN BY OUR GENES TO SATISFY OUR BASIC NEEDS

CHOICE THEORY STATES

- The only person's behaviour I can control is my own;
- Behaviour is always purposeful and chosen and is our best attempt at the time to satisfy our Basic Needs;
- I choose everything I do and practically all I think. My emotions and physiology are a direct result of those choices;
- We are always internally motivated by our Basic Needs;
- I can change what I'm doing and thinking if it isn't getting me what I need;
- Each person is responsible for his / her behaviour;
- All long-lasting psychological problems are relationship problems.

DR WILLIAM GLASSER'S CHOICE THEORY PSYCHOLOGY

Choice Theory explains why and how we make choices that determine the course of our lives. Understanding human behaviour at this level gives us the tools to build the life we want to live.

WHAT IS A 'GLASSER QUALITY SCHOOL'?

We have been learning and using Choice Theory in our school since 1994 when the first group of teachers began training. In 2003 we became the first Glasser Quality School in Australia.

A Glasser Quality School actively builds quality relationships, encourages quality work from all and provides a quality environment for all learners to achieve at a high level.

A GQS operates with Choice Theory as its Psychological Base.

Some of the core concepts include:

- The removal of fear and coercion
- Doing quality work is deeply satisfying
- Quality relationships enable quality learning
- Self-evaluation and co-verification lead to quality learning outcomes
- Operating in this way removes barriers to learning

Choosing to move away from using the **Disconnecting Habits** which destroy relationships to choosing the **Connecting Habits** is a powerful way to build the relationships we need in our lives.

The strength of my relationship with someone, is exactly equal to the strength of my influence with them.

DEADLY HABITS

- Criticising
- Blaming
- Complaining
- Nagging
- Threatening
- Punishing
- Rewarding

CONNECTING HABITS

- Caring
- Listening
- Supporting
- Contributing
- Encouraging
- Trusting
- Befriending

Happy people know how to satisfy their basic needs in ways that keep friends and family close.