Preventing Anger in the Class Environment: Behavior Intervention Team

Members of the BIT

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Classroom

- The faculty member’s forum for imparting and facilitating the acquisition of information
- Not limited to a physical space
- Includes your office

Classroom Standards

- University Guidelines (time and place)
- Faculty Senate (office hours)
- University Catalog (unexcused absences)
- College or School Standards (e.g., Dispositions, dress standards)
- Faculty standards as outlined on the syllabus
Student Handbook

- Code of Conduct
- Dress Standards
- Procedures of Judicial Process
- Cell phone Usage
- Children in the Classroom

Anger

- Emotional state - Strong emotional reaction when a goal is blocked or a need is not met.
- Expression - Nonverbal or verbal language directed at self or others
- Understanding - Helping the person to interpret or analyze the situation

Phases of Escalation of Anger

- Calm
- Trigger - Something that sets a person off
- Agitation
- Acceleration
- Peak
- De-escalation
- Recovery

Hopefully, we can stop a crisis situation before it gets to the peak phase...

Methods to help prevent anger in the classroom

- Make sure your classroom is highly structured and consistent.
- Build positive relationships with students.
- Be accessible.
- Be open to questions.
- Teach students how to think logically
- Have a plan in place for dealing with out of control situations.
- Model and teach positive responses to anger.
### Recommendations for Syllabi

- Completed at the beginning of the semester
- Dress
- Tardiness
- External Technology
  - iPods
  - Use of Telephones
- Class participation
- Extra Credit
- Consequences for Academic Dishonesty

### Other Recommendations

- Intervene Early
- Expect respect to be mutual between faculty and students
- Request a consultation as needed
- When using the BIT, be sure to include objective behaviors to describe the issues.

### References

- Straughn, L. (2002, July 10). Understanding and working with angry students: You must first seek to understand if you are to be understood. *Educating Kentucky’s At-Risk Kids: Best Practices for Alternative and Non-Traditional Settings.* Conference at Eastern Kentucky University, Richmond, KY.