

SUPPORTING THE DEVELOPMENT OF STUDENTS' PERSONAL AND SOCIAL COMPETENCIES

The importance of behaviour modelling by school staff

School staff members act as role models through their behaviours and social interactions. Students learn by observing how they listen, act, communicate and offer support. **Emotions, whether pleasant or unpleasant, are part of the human experience.** Strong emotions can elicit reactions that may or may not be appropriate. In such situations, it is important to pause for a moment, collect yourself and treat the situation as a learning experience.

The way staff listen, express themselves and handle everyday situations can be replicated by students in different contexts. Thus, modelling the prosocial behaviours we want students to develop helps to better guide them in their thinking, emotional management and actions.

For example:

- Perform daily actions to support and help colleagues.
- Respond to students' inappropriate behaviours with caring educational interventions, including helping them to identify desired behaviours and promoting restorative actions where appropriate.
- Make sure to use words and messages of respect, gratitude and inclusion.
- Pay attention to our emotional state and how it can influence our interactions with students and colleagues.
- Admit mistakes and take advantage of these opportunities to address them with students as a key factor to learning.
- Use coping strategies in stressful situations, such as pausing, taking deep breaths, de-escalating and asking for support.

Sources

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