

WILLIAM GLASSER

Choice (Control) Theory and Reality Therapy



"If you want to change attitudes, start
with a change in behaviour."

William Glasser : 1925-

- Born in Cleveland, Ohio
- He became a Chemical Engineer at age 19, a Clinical Psychologist at age 23 and a Physician at age 28.
- He also received Psychiatric Training at the Veteran's Administration Centre in UCLA.
- Dr.Glasser founded The Institute for Reality Therapy in 1967
- He has devoted his life to educating people about his beliefs and working directly with school counsellors, administrators and teachers

Reality Therapy

- The idea behind this type of therapy is that people need to meet the basic needs of love (giving and receiving) and the need of finding self-worth
- Glasser believes that success comes with giving and receiving love throughout one's life
- Schools are responsible for helping students to fill these needs:
 - Schools provide a loving atmosphere
 - Knowledge and the ability to think are required to achieve the feeling of self worth
- These two needs must be met so that students can find an identity for themselves
- Students that fail to meet these needs, and thus not find their identity, will suffer, withdraw from society, be lonely and frustrated

Application of Reality Therapy: Students Behaviours

STEP 1: Establish involvement with the students

STEP 2: Focus on behaviour

STEP 3: The student must accept responsibility for the behaviour

STEP 4: The student should evaluate the behaviour

STEP 5: Develop a plan

STEP 6: The student must make a commitment to follow the plan

STEP 7: Follow up and follow through

Can be found in Classroom Management for Elementary Teachers text on pages 182-183.

Choice (Control) Theory

- This theory of motivation proposed by William Glasser states that behavior is never caused by a response to an outside stimulus (situation or person).
- The control theory states that behavior is a constant attempt to satisfy one or more of our five basic needs (to be described shortly).
- These basic needs are thought to be innate (we are born with them).
- We choose all that we do and we are responsible for the choices we make.

Choice Theory: the basic needs that drive us all

1. To survive (and be secure)
2. To belong and be loved
3. To gain power (to gain and keep respect)
4. To be free
5. To have fun

Quality Schoolwork

- Based on the Choice Theory, Glasser created six specific conditions that teachers can use to guide your teaching.
- If these conditions become a part of a teacher's daily classroom management, then students will begin to produce Quality Schoolwork.
- The students will enjoy school.
- Glasser realizes that this may not be an easy task and that the students may not accept that they will understand the importance of these conditions.
- However, it is worth it!

The Six Conditions of Quality Schoolwork

1. There must be a warm, supportive classroom environment.
2. Students should be asked to do only useful work.
3. Students are always asked to do the best that they can do.
4. Students are asked to evaluate their own work and improve it.
5. Quality work always feels good.
6. Quality work is never destructive.

“Learning Pictures”

- Everything we do is initiated by a satisfying picture of that activity in our heads as a pleasant memory
- When we learn anything that satisfies one or more of the basic needs, we use all of our developing senses like a multi-sensory camera and take a picture of this need-satisfying situation
- Personal picture album

Resources

- Everston, C.M. et al. (2005). Classroom Management for Elementary Teachers (7th Edition). Toronto, ON: Pearson Education Canada Inc.
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