William Glasser: Choice Theory

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Agenda

• Background
• Big Ideas
• Practice Challenges
• Resources
• Our perspective
• Conclusion
Background

- William Glasser
  - Born May 11th, 1925 in Cleveland Ohio
  - 1945 → Degree in Chemical Engineering
  - 1948 → Master’s Degree in Clinical Psychology
  - 1968 → Established Educator’s Training Center to create a model elementary school program
  - 1969 → published a book called *Schools Without Failure*
  - 1978 → Started working on Control Theory
  - 1996 → Changed to Choice Theory
Big Idea’s

Three main aspects of Choice Theory:
- All we do is behave
- Almost all behavior is chosen
- We are all driven by our genes to satisfy our 5 basic needs

The 5 basic needs are:
- Love and belonging
- Survival
- Power
- Freedom
- Fun
Big Idea’s

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, rewarding to control
Big Idea’s

The Ten Axioms of Choice Theory

– We can only control ourselves
– The past is part of us, but we must live for today
– Everything we do is made up of: acting, thinking, feeling and physiology.

Reality Therapy

– helping people to reconnect and feel connected in order to fulfill their needs
Practice Challenge #1

- It's the first day of school. What are some messages and activities you will use to start creating the learning environment you want?
  - Activities dealing with all 5 needs
Practice Challenge #4

• You teach 9th grade math. Brayden is a boy in your class. You've provided time in class for students to work on an assignment from the book. While you're walking around, you see Brayden using his cellphone in his lap, under his desk. What do you do?
  – Power
  – Belonging
Our Perspective

• As a teacher I Will..
Conclusion

• All we do is behave and we our driven by our genes to satisfy the five basic needs
Resources

– The William Glasser Institute
  • wglasser.com