initiative adaptability perseverance assertiveness self-regulation teamwork self-care empathy curiosity integrity social awareness conflict manag networking conflict management communication (verbal, written, nonverbal) ustained attention goal setting creative thinking organization

ASSERTIVENESS

The College and Career Competency Framework, developed by Drs. Gaumer Erickson and Noonan at the University of Kansas, supports educators and families in developing resilient learners who collaborate to expand skills, express their wants and needs respectfully, and apply strategies to self-regulate and persevere. Visit www.CCCFramework.org to learn more about College and Career Competencies.

Cognitive STUDENT IMPACTS

time management critical thinking problem solving learning schema

content/technical

Teachers providing **assertiveness** instruction and classroom practice observe student growth, including:

- Improved communication
- Openness to constructive feedback
- Increased ability to express themselves
- Improved confidence in their own abilities
- Improved conflict management skills

Research in **elementary** and **secondary** education identifies proven student impacts from teaching assertiveness.

 Students who have received instruction in **assertiveness** improved their ability to seek assistance and supports (Buell & Snyder, 1981; Lane et al., 2006; Wolfe et al., 2012).

DEFINITION

To communicate **respectfully**, I can... 1. Identify communication types 2. Find my feelings 3. Show empathy 4. Voice my feelings 5. Listen and summarize 6. Show respect without words 7. Speak my mind and be kind 🍍 8. Respect my boundaries 9. Do my part 🙌 10. Predict outcomes

Assertiveness is expressing your wants, needs, and thoughts, even when it's difficult, while respecting others (Noonan & Gaumer Erickson, 2017).

> Students use assertiveness strategies to communicate respectfully and understand others.

- **Assertiveness** training improves students' self-image and their ability to express themselves (Mohagheghi et al., 2022).
- Adolescents who are assertive have improved understanding and knowledge of academic content (Salari Koohfini & Ghasemali Kheirabadi, 2020).
- Students who are assertive have higher self-esteem, assert their rights, and self-regulate their emotional reactions (Parray et al., 2020).
- A student's level of assertiveness is a good predictor of their adjustment to university (Parmaksiz, 2019).
- Assertiveness training reduces instances of bullying (Buell & Snyder, 1981; Hall, 2006).

RESOURCES

- Instructional Activities for teaching assertiveness strategies K-12
- Teacher Testimonial Videos for implementing assertiveness
- Family Guidance for building assertiveness in the home
- Measure student growth in assertiveness at www.CCCStudent.org



