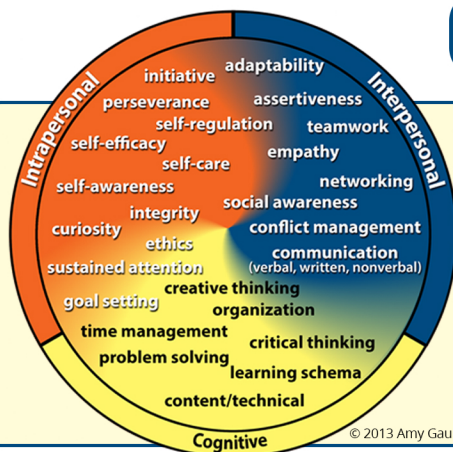


ASSERTIVENESS



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.

STUDENT IMPACTS

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).
- **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 Koochfini & 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).

DEFINITION

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.



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

