

Predict Outcomes (Elementary)

The way we communicate with other people is a choice that affects the outcome of a situation. We can choose to communicate passively, aggressively, or assertively in any situation. When you stop to think about how you want to respond in a situation and what might happen, you are ***predicting the outcome***. “Predict” means “to think ahead.”

Let’s say you really need help with your math problems. You can choose to react passively and avoid asking for help. The outcome will likely be that you have to redo all of the problems and get further behind in math. You can choose to react aggressively by rolling your eyes and sighing loudly when you can’t get the correct answer. The outcome will probably be that your teacher gets upset with you for disturbing the class. You can also choose to communicate assertively by raising your hand and politely asking your teacher to help you after she finishes helping your friend.

I used the strategy ***predict outcomes*** when I lost the permission slip my parents needed to sign so I could go on the class field trip. I really wanted to go on the field trip, so I needed to choose a way to communicate that would ensure I would get to go. I thought about communicating passively and not telling anyone I had lost it. When my teacher called out the names of the students who turned in their permission slips, my name wouldn’t be called, and I probably wouldn’t get to go on the field trip. I could have chosen to communicate aggressively and yelled at my mom for cleaning out my backpack and possibly throwing away the permission slip. The result would probably be that I would hurt my mother’s feelings and get in trouble for raising my voice. I chose to communicate assertively by saying to my teacher, “I know you are busy getting us ready for the field trip, but I have lost my permission slip. Could you please make a copy for me?”

When you ***predict outcomes***, you stop and think about what could happen if you used passive, aggressive, or assertive communication, and you decide which type is best for the situation. You can use the strategy ***predict outcomes*** to choose the type of communication you should use to get the outcome you prefer.