

November Newsletter

From the *Student Graduation and Transition Planner*



Positive Coping Skills, Attitudes and Strategies: How do you bounce back?

We must sometimes overcome difficulties to achieve our goals and succeed. Help your child bounce back by helping them identify coping skills, attitudes, and strategies they will need to overcome difficult times. Encourage your child to use the **STAC** process:

- S Situation**
Stop.
- T Thoughts/feelings**
Take stock of my first thoughts and feelings. Remember "I have a choice".
- A Action**
Choose an action that will move me in the direction of my preferred future.
- C Consequence/result**
Move a step closer to my preferred future.

STAC is about taking a step back from our initial thoughts/feelings and finding a way to react differently in order to move to the outcomes we want. Remember, you have a choice. You can take charge of your reactions and therefore influence the likely consequences of situations.

With your child, use the following STAC table to work through possible thoughts, feelings, actions, and consequences for a challenge or obstacle they might be facing.

Situation	Thoughts/Feelings	Action	Consequence
Mark on major assignment is much lower than you think you deserve.	This is going to be impossible now – I’m not smart and I’ll never pass this course!	Discouraged	Give up
	I can still do this.	More Motivated Determined	Go to see teacher to explore how to turn this around
	What an unfair teacher! They don’t know what they’re doing!	Helpless in the face of incompetent authority	Silently resent teacher and withdraw from participating in class
	I’m out of here!	Angry and Annoyed	Storm out of the class
	1.		
	2.		

Have your child identify positive coping skills, attitudes, and strategies and complete **My Remote Control** found in My Plan, www.myplanpei.ca (password: myplan).