



Structure – Summary

In this segment you learned about the concept of structure in the environment and how structure can help activities run more smoothly.

What is structure?

- Structure consists of:
 - Rules and expectations (what is expected)
 - Schedules and routines (when things occur)
 - Procedures (Processes to keep things running smoothly)
- Structure provides students with important answers such as:
 - Who gets to use the computer?
 - When do you get a break?
 - What do you do if you need to use the restroom?
 - Where do you put work when it is finished?
 - Why do we use our quiet voices in library?
 - How do we line up for recess?

Why is structure effective when working with students who have challenging behavior?

- Structure makes things more predictable for students and reduces surprises.
- Structure helps students organize their behavior.
- Structure reduces the potential for a student to argue or disagree about things that are unclear or unexpected.
- Structure reduces opportunities for challenging behaviors by limiting idle time when a student doesn't have anything to do.

Does too much structure keep students from learning to self-manage?

- Structure doesn't directly teach students to self manage but does increase the chances for positive behaviors.
- Students will not learn to self-manage when there is frequent correcting and reminding; this can happen a lot without structure.



Mythbuster

MYTH: Providing structure will make students feel like you are too strict and controlling.

TRUTH: If you give students an opportunity to have some input into creating structure (such as how they are going to organize certain things or what a schedule looks like), they will see you more as someone who wants to work with them rather than control them.

Go Do It !

Consider a time of day or activity where the student(s) you work with often have difficulty. Can you think of some ways that adding structure could decrease behavioral issues by preventing recurring problems? Share some of your thoughts with other members of your team and see what they think.