

Cop-Out Statements

There's No Excuse!

East Values:

- Be Responsible
- Be Kind
- Be Respectful
- Be Your Best

Our values help us all maintain a safe environment to learn.

Stop! Have you heard this before?

- Student: Why didn't you grade my homework?
- *Teacher*: With all of the new season TV shows on last night, I just didn't get around to it. You know, first things first.
- Student: You promised us time in class to study before the quiz.
- *Teacher*: That must have been my evil clone that said that!

So, what if teachers used excuses like those?

- That's what cop-out statements are really all about...EXCUSES! When we attempt to justify our behavior by offering excuses instead of accepting personal responsibility, we are using cop-out statements.
- Teachers often hear excuses as to why students don't get school work done:
 - I forgot to do my homework.
 - I left my homework at home.
 - It's in my locker.

East is a No Excuse School!

- The expectation is that all East students need to make responsible statements concerning their behavior and school work. Don't use excuses.
- Other excuses are:
 - I didn't know what the assignment was.
 - My printer was out of ink.
 - I had to do _____ instead.
 - Yeah.....but..... (I did write it in my planner but left it at school.)

So, what can we do to stop using cop-out statements?

- We must take ownership for our behavior by making responsible statements and choices.

But... How? By understanding that...

-We have choices in how we behave.

-Instead of blaming someone else or something else, we need to look at our own behavior.

-Others do not make us act in certain ways.

-Responsible statements begin with "I."

-Being a proactive learner will lead to success.

Try it!

Make responsible statements.

- *Teacher*: Why didn't you hand in your homework?
- Excuse #1. I forgot to do my homework.
- Example: A more *responsible* statement for #1 might be: I didn't write down the assignment so I didn't do it. Now, try excuses 2 and 3 on your own.
- Excuse #2. I left my homework at home.
- A more *responsible* statement to #2 is...
- Excuse #3. I had to do _____ instead.
- A more *responsible* statement to #3 is...

Discussion:

- What other cop-out statements have you heard students use?
- What is a responsible statement to replace the cop-out statement?
- How do “I statements” connect to our Be a Titan Form and how can you use them when confronted in the classroom, hallway, and cafeteria?

Reflection:

What can we do to change our behavior?

- Step 1. Awareness: Am I using cop-out statements?
- Step 2. Change: Use a responsible statement starting with the word "I."
- Step 3. Be a model student: Stop making excuses and start accepting personal responsibility for YOUR own behavior and choices.

Exit Ticket:

Teacher: _

- What are some specific “I statements” you can use in school?
 - 1.
 - 2.
 - 3.
- How will using these statements help you be successful?