

**Antelope Springs  
Basic Parenting 12  
Final Test/Review**

Agenda

1. Discipline application questions
2. Final Quiz (cooperative in groups)
3. Advanced Class Overview

Advanced Class Intro

**Class Structure:**

We will **meet weekly for 10+ weeks** and discuss the topics outlined below. No registration is necessary and there is no roll. If you need proof of attendance you are responsible for having me sign your note, agenda or scrap of paper.

**Class Outline**

Class will consist of discussions that will center on the concepts and themes that are introduced in:

**1) Raising an Emotionally Intelligent Child, by John Gottman  
(ISBN:0684838656)**

**2) Raising a Responsible Child by Gary D. McKay & Don Dinkmeyer Sr.  
(ISBN: 0684815168)**

**3) Raising Self-Reliant Children in a Self Indulgent World by H. Stephen Glenn & Jane Nelson (ISBN: 0761511288)**

These books can be ordered from Little Professor, Barnes & Noble or other local bookstores. You might also want to consider ordering it from **Amazon.com** or any online bookstore.

We will follow the chapter outlines loosely but be aware that information and handouts will be presented that isn't in the books. I encourage you to take notes, **buy the books and read the assigned chapters in the books prior to the weekly meeting**, and then be prepared to participate in the discussion.

Other books that are recommended reading to deepen the class are; Discipline Without Tears, (Dreikurs) Care of the Soul (Moore), Healing the Shame That Binds You (Bradshaw), and The Path With Heart (Kornfield)

**For teachers** I would also recommend that you consider reading the following books; Setting Limits in the Classroom, (Mackenzie), Maintaining Sanity in the Classroom, (Dreikurs), The Schools Our Children Deserve, What to Look For in a Classroom (both by Kohn) and Positive Discipline in the Classroom (Nelson)

Our philosophy is that parenting effectively **is less about learning techniques** for controlling kids and **much more about learning who WE ARE** so that we can have a positive, encouraging influence with our children and youth. Learning to be more effective guides and mentors is vital in our interaction with youth. This class is designed to help you look into the mirror of who you are and then address your parenting techniques.

## Basic Parenting Quiz

1. What are the 4 goals of misbehavior?
2. How do we go about determining what the goal of misbehavior is?
3. As a child, what do you think your main goal of misbehavior was? Now?
4. Name the 3 basic forms of parent government.
5. How are emotions formed? Why is this important to understand?
6. Where do belief systems come from?
7. What are some of the things that parents do that discourage children?
8. Define "discouragement"
9. What is the difference between "ego esteem" and "self esteem"?
10. Name the major steps to effective listening.
11. What is the difference between validating and reflective listening?
12. "I messages" contain 3 important components, what are they?
13. In determining "who owns the problem", we usually use 2 indicators, what are they?
14. Misbehavior differs from inappropriate behavior in what ways?
15. List 5 major characteristics of punishment.
16. What are some of the price tags to punishing others?
17. Describe the process of discipline. (Outline the basic steps)
18. To be effective, family meetings should \_\_\_\_\_ to the \_\_\_\_\_ of each child.
19. Name 5 ways to encourage your own children.
20. List at least 5 of your passion list items. Describe how they work for you.
21. What does some of the research suggest about impact of competition on personality?
22. List at least 5 ways to maximize cooperation in your home.
23. What are 2 major obstacles that you might face in having a greater level of cooperation in your home?
24. Name the 3 main agenda areas for couple strategy meetings, suggested in class.
25. List at least 3 ways that you have enhanced your effectiveness in relating to others, based on your work in/from this class.
26. What types of changes/improvements in your parenting skills are you working on right now? How is that going? What do you need to do to continue your effectiveness? Name 3 things
27. What has been the most difficult concept for you to understand or practice? Why?
28. How has your relationship with your children changed over the past 3 months?
29. What is an "external locus of control" and what are some of the problems associated with it?
30. What results do we see when someone has a high "internal locus of control" List at least five.

