



School Mental Health Communities of Practice

Self-Management Micro-Skills

Encourage students to identify their challenges and barriers and reframe them into opportunities

Micro-skills are moment-to-moment activities that K-12 building and district administrators, educators and classroom personnel, school psychologists, counselors, and social workers (among other school personnel) can use to promote mental health, behavioral health, and academic success among K-12 students. Micro-skills are designed to assist you in knowing how to respond and intervene directly with students in need (e.g., those who are experiencing MH/BH concerns). Micro-skills are strength-based and asset-driven in nature, and can be used by individuals without formal MH/BH training (e.g., micro-skills are NOT clinical strategies that must be delivered by formally trained MH/BH professionals). Identifying actionable strategies that all school personnel can take to support students spreads the onus of responsibility for addressing the MH/BH needs of students to the entire school staff, providing a broad (and needed) level of support for students.

SEL Standard: *Self-Management:* The ability to navigate one's emotions, thoughts, and behaviors across different situations while managing stress, controlling impulses, and motivating oneself. Self-management includes the ability to set personal and academic goals and work toward achieving those goals.

Self-Management Micro-Skill: *Encourage students to identify their challenges and barriers and reframe them into opportunities*

Self-Management Resources:

- Act for Youth's Self-Management Resources:
http://www.actforyouth.net/youth_development/professionals/sel/self-management.cfm
- CASEL's Self-Management Video:
<https://www.youtube.com/watch?v=tXKFNDfjKwY&list=PLqSvevVI2ir-MthHDHyBhgEvWVsjgqbzO&index=4&t=0s>
- Landmark School Outreach's Self-Management (Social Emotional Learning):
<https://www.landmarkoutreach.org/strategies/self-management-sel/>
- Transforming Education's Self-Management Toolkit:
<https://www.transformingeducation.org/self-management-toolkit/>



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The following are micro-skills that school personnel can use to encourage students to identify their challenges and barriers and reframe them into opportunities:

Help students identify the challenges and barriers they are facing

- School personnel can:
 - Ask students to identify any challenges or barriers they are facing at school, at home, or in their life in general
 - Assist students in identifying their challenges and barriers (if they have difficulty self-identifying)

Teach students how to reframe their challenges and barriers into opportunities

- School personnel can:
 - Encourage students to understand that making mistakes provides us with an opportunity to learn and improve
 - Encourage students to use their grit and perseverance during challenging situations in order to be successful
 - Point out the strong character strengths that students are displaying as they encounter challenging situations

Model reframing challenges/barriers into opportunities for your students

- School personnel can:
 - Model how to use a mistake as an opportunity to learn and improve
 - Model how to use your grit and perseverance during challenging situations in order to be successful
 - Model how to use your character strengths as you encounter challenging situations



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Teach students how to seek resources and help from others when facing challenges/barriers

- School personnel can:
 - Assist students in identifying resources that can help them overcome the challenges and barriers they are facing
 - Assist students in identifying positive people who can help and support them when they are facing challenging situations

Teach students how to develop and use SMART goals when reframing challenges/barriers into opportunities

- School personnel can teach students how to develop and use SMART goals.
- SMART goals should be:
 - S: Specific
 - M: Measurable
 - A: Attainable
 - R: Realistic
 - T: Timely

Give students authentic and specific praise for reframing their challenges/barriers into opportunities

- School personnel can give students authentic and specific praise for persevering in the face of challenges and barriers.
- For example, you could say something like "*I noticed that you did not give up when you made a mistake today. Your solution to that problem was very creative. Keep up the good work!*"