



Recognize and Respond to Emotional and Behavioral Issues in the Classroom: A Teacher's Guide

Andrew Cole Psy.D., Aaron Shupp Psy.D.

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Teachers are often the first to identify a child's emotional or behavioral problems—but with limited time and resources, knowing how to start helping can be a tough challenge. This quick-guide puts key psychological principles and straightforward, classroom-ready strategies at every K-12 teacher's fingertips, they can provide effective supports for students, keep families involved, and recognize when outside help is needed.

Based on the authors' years of experience with students, teachers, and families, this reader-friendly guide is equally useful for working with students with and without a specific diagnosis. Teachers will learn **practical strategies they can immediately implement** to help students with a wide range of emotional, behavioral, and social difficulties:

- bullying—both verbal and physical
- poor concentration and impulsive behavior
- performance anxiety during exams and class time
- trouble fitting in with peers
- low moods
- aggressive behavior
- rule-breaking and disregard for authority
- resistance to or fear of school
- communication challenges
- struggles with social cues
- lack of personal boundaries

In each concise, accessible chapter, teachers will get a case study and quick profile of a specific emotional or behavioral issue, recommendations on optimal classroom structure and student and family collaboration, and guidelines on when to seek further consultation or referral. Practice exercises and discussion questions make this an ideal resource for professional development sessions, and the helpful forms and handouts (also available online!) are easy to use with students and email to families.

A must for new teachers and seasoned educators who want fresh, effective strategies, this book is the perfect starting point for addressing everyday emotional and behavioral challenges so that all students are ready to learn.

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