ACTIVITY	M	TU	W	TH	F
Classroom					
Relayed explicit, clear, and reasonable expectations					
Provided constructive feedback on academic performance					
Provided solicited assistance					
Demonstrated positive interest in knowing the student as an individual					
Considered student opinions in decision making					
Demonstrated personal job satisfaction					
Explained clearly the students' role(s) in the classroom					
Grouped students into learning teams					
Grouped students by interest					
Gave students choice of assignments					
Gave students choice of activities					
Gave students choice in scheduling the class time					
Shared a mistake					
Arranged for an older student to tutor the student participant					
Talked to the student participant outside of class time, about his/her personal interests					

ACTIVITY	M	TU	W	TH	F
Lesson 1					
Defined and explained concept of faulty or distorted cognitions					
Discussed categories of distorted cognitions					
Evaluated a particular cognition for validity and reasonableness					

ACTIVITY	M	TU	W	TH	F
Lesson 2					
Introduced Choice Theory					
Worked with student to describe feelings with verbs rather than adjectives					
Discussed particular feeling and student's choice of resulting behavior					
Introduced criteria for good goals					

ACTIVITY	M	TU	W	TH	F
Lesson 3					
Introduced criteria for good goals					
Discussed student's assets and previous successes					
Worked with student to set good goal(s)					
Worked on turning wishes and complaints into goals					
Met for follow-up session to analyze progress toward goal					
Modeled alternative expressions for "I can't"					
Practiced getting past student's "I don't know" response					

ACTIVITY	M	TU	W	TH	F
Lesson 4					
Discussed with student how to keep the thoughts and behavior diary					
Helped student break down a problematic school incident into ABC					
Disputed or challenged the dysfunctional beliefs of the ABC					
Examined possible changes student might make to his/her beliefs					
Helped generate ideas for action that the student agreed to implement					
Facilitated the generation of a list of positive student attributes					
Facilitated student practice of the ABCDE model					

ACTIVITY	M	TU	W	TH	F
Lesson 5					
Explained concept of negative or destructive automatic thoughts					
Explained how to complete the self-monitoring of automatic thinking worksheet					
Met to discuss the automatic thinking worksheet					
Worked on correcting specific information processing distortion (please also note which ones)					
Explained possible cognitive strategies to change negative automatic thinking					
Completed positive self-reinforcement activity					
Facilitated practice of self-reinforcement					