

Open Academy Session: „Labelling“

Date, Time: Thursday, 31.03.2011, 14:00 – 16:00

Trainer: Dragana Belegisanin Zakic, Karlovacka gimnazija, Serbia

Workshop content/theme

Correcting the ways of thinking and acquired irrational beliefs and attitudes, which make people rigid and intolerant and cause conflicts.

Aims

It is generally accepted that people can't be just good or bad. Be ≠ Act.

Labelling someone and commenting someone's personality using sentences such as "He is irresponsible/aggressive/ a bad student" or "He is an unreasonable and boring teacher" we fall into a cliché and do not offer a possibility to the person we talk about to change his/her behavior. Commenting constructively on one's behavior, we offer them a possibility to correct their opinion and reduce the possibility of being involved in conflict situations.

Irrational belief:

He is very aggressive.

Rational thinking:

1. *He often behaves aggressively and provokes conflicts.*
2. *He should be responsible for his actions, and also, what caused his behavior should be examined.*
3. *The way he/she behaves doesn't make him/her a bad person.*

Method(s)/Approach

- Introduction: The participants give their own examples of the ways they labelled someone.
- A short explanation of irrational belief and the ways of overcoming it.
- Some of the participants are given the roles of a teacher, a labelled student and an abused student and the ways of establishing successful communication and resolving the conflict.

Impressions, Outcomes of the workshop

The students are surprisingly open to share their experiences and their personal opinions with the group, which is very motivating. On the other hand, when in group with their teachers, it sometimes happens that the students don't feel free enough to express their thoughts, or the teachers behave dominantly not accepting and respecting the students' attitudes while giving them a lecture, which makes the students withdraw.