

Student Learning Plan

Unit 3: Foundations for Success

Managing Anger [Emotional Intelligence Program] [U3C7L1]



Why this is important:

Anger is a natural human emotion experienced by everyone at some time or another. When an argument or disagreement turns violent, someone has allowed his or her anger to get out of control. Most people can think of situations where they did or said something in anger that they later regret. Learning to manage anger is an important part of growing into a responsible, successful adult. It is also a very important part of managing conflict to avoid tragic outcomes. In this learning plan you will apply strategies for managing anger.



What you will learn to do:

(Competency)

Apply anger management strategies

Linked Core Abilities

- C. Take responsibility for your actions and choices
- E. Treat self and others with respect



How you will know when you are succeeding:

You will demonstrate your knowledge and skill:

- by creating an anger management action plan

Your performance will be successful when:

- Action Plan describes situations that typically make you angry
- Action Plan targets behaviors for improvement
- Action Plan list specific strategies for managing anger more effectively
- Action Plan lists the resources and activities you will use to help your skill development
- Action Plan summarizes how you will record your progress
- Action Plan describes how and when you will assess your improvement



Knowledge and skills you will learn along the way:

(Learning Objectives)

- a. Determine the common causes and effects of anger in interpersonal relationships
- b. Select strategies for controlling anger
- c. Explain the role of empathy in reducing anger
- d. Define key words: aggression, anger management, assertion, change orientation, deference, empathy

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Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

- ____ 1. THINK ABOUT the kinds of things that have made you angry in the last week. LIST the top three things that make you angry on the left side of a T-Chart. On the right list the ways that you typically respond to each item. SHARE your list with a partner. DISCUSS the consequences of the ways that you respond to anger. [Work with a partner]
- ____ 2. [SELF-PACED OPTION] Same as above.
- ____ 3. LISTEN TO and OBSERVE a briefing about anger management. LEARN MORE OR REVIEW by reading Section 1: Managing Anger in Chapter 7 of your text. ANSWER the review questions at the end of the section. COMPLETE Exercise 1: Managing Anger. [Work with a partner]
- ____ 4. [SELF-PACED OPTION] CARRY OUT Learning Activity 3 independently.
- ____ 5. COMPLETE the Anger Management Map. DETERMINE what skills you need to enhance to manage anger effectively.
- ____ 6. [SELF-PACED OPTION] CARRY OUT Learning Activity 5 independently.
- ____ 7. PARTICIPATE in a role-play of constructive ways of dealing with anger. INCORPORATE examples of the skills that you need to develop to manage anger effectively. [Work in teams of 3-6 cadets]
- ____ 8. [SELF-PACED OPTION] WRITE a role-play script of constructive ways of dealing with anger for one of the items that makes you angry. INCORPORATE examples of the skills that you need to develop to manage anger effectively.



Assessment Activities:

These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.

- ____ 1. COMPLETE the Anger Management Assessment Task. SELF-ASSESS your work using the scoring guide. SUBMIT your work to your instructor for feedback and a grade. PLACE your completed assessment task in your Cadet Portfolio.
- ____ 2. SELF-PACED OPTION: Same as above.