Good Day Plan

The Good Day Plan is a simple tool used to help students solve problems, identify possible solutions (decision making/choice making), and recognize that they have control over many events in their lives (self-efficacy and self-realization). The tool asks four questions: What happens on a good day? Does it happen now? What needs to happen to make it a Good Day? Who can help me? The student collaborates with a teacher, parent, counselor or mentor to identify the factors that play a role in a day with positive outcomes. A mentor can help the student with monitoring progress with their Good Day Plan.

*Tips*:

1. Consider using the action steps in the Good Day plan to begin the goal setting process.
2. The Good Day Plan may be used as a behavior intervention tool.

***Developing Good Day Plans for students involves the following steps.***

1. Before the problem-solving process begins, build a relationship with the student. Greet him or her in the hallways or upon entering the classroom. Ask the student about interests, family, and extracurricular activities. Students are more likely to trust and be open to adults who they believe care about them.
2. Arrange a meeting with the student and positively state the reason for the meeting. Explain to the student that you would like to help him or her through a difficult situation.
3. Show concern and understanding without blaming the student for any misbehavior. He or she will be more willing to communicate honestly about the feelings he/she experiences when the problem behavior is occurring. This step will help to identify the experiences that are connected to the behavior and provide a foundation for the problem-solving process.
4. When discussing behaviors that the student needs to improve, teachers should be explicit about identifying the student’s role in the process and identifying who can help achieve the student’s goals. Teachers can assist students as they select from a list of realistic strategies that can be implemented to help the student succeed.
5. Decide on short-term goals towards which the student can work.