Learning Contract

Objectives

1. Discuss the concepts of unassertiveness, aggressiveness, and assertiveness, and identify the differences among the three behaviors.
2. Act assertively in relatively threatening situations.

What

1. The theoretical definitions of unassertiveness, aggressiveness, and assertiveness.
2. The observable verbal and nonverbal behaviors of each.
3. The verbal and nonverbal skills of being assertive.

How

1. Attending an assertiveness training course of at least three days’ duration.
2. Read three contemporary textbooks on assertiveness.
3. Speak with some counselors.
4. Observe, in my everyday interactions, how people act assertively, unassertively, and aggressively. List ways I would respond assertively to those behaviors.

Evidence

1. A 2,000-word report describing the three concepts and the differences among them.
2. A list of assertive, unassertive, and aggressive behaviors that I have observed and a brief description of how I would have responded assertively.
3. Be involved in three situations in which I use my assertive behavior. Two of these situations will be role-plays under the guidance of an experienced instructor or counselor, and the third will be a real-life situation. I will record this real-life interaction on a tape recorder and also present a 500-word analysis of it.

Learner

Instructor

Date