

## LISTENING IN PROTOCOLS

### **FISHBOWL**

A fishbowl, conducted virtually or in-person, offers a unique opportunity for adults to “listen in” as a small group of students share their experiences and feelings. The facilitator, such as a teacher or counselor, can ask participating students about a specific topic (e.g., connection with teachers) or a broad theme (e.g., what it’s like to be a student at your school).

### **I WISH EXERCISE**

This is a simple way for students and faculty to share their thoughts with the adults around them, inspired by the book, *I Wish My Teacher Knew: How One Question Can Change Everything For Our Kids* by Kyle Schwartz.

### **SHADOW DAY**

Shadow Day is an opportunity for teachers and administrators to shadow students to learn about the daily experience of attending school. Hosting a Shadow Day provides a snapshot of a student’s school experience and provides a lens for teachers and administrators to discuss potential variables contributing to student stress such as homework, academic engagement, perception of teacher care, and overall scheduling demands. The information collected helps to inform meaningful discussions between faculty members to address potential areas of concern.

### **DIALOGUE NIGHT**

Dialogue Night is an evening program for parents, students, and faculty members to participate in an open discussion about the issues related to teen stress and pressure. The evening includes a presentation of three skits, which are then discussed in small groups in order to tease out various areas of stress students are experiencing at school and home. Dialogue Night creates a space for students and parents to talk about homework, sleep, course load, college, and the everyday balancing act of being a student.