

## How You Approach Emotional Set Points

<p>What do you consider your default emotional set point? (Circle one.)</p>	<p>I often feel calm, hopeful, or joyful.</p>	<p>I often feel anxiety, anger, or frustration.</p>	
<p>Describe the reasons for the answer you chose.</p>			
<p>As a group, how many of your students appear to have an emotional set point rooted in frustration or anger? (Circle one.)</p>	<p>Less than one-third</p>	<p>About half</p>	<p>Two-thirds or more</p>
<p>What do you think are some of the reasons that students might appear to have a negative emotional set point? How do you think this affects their ability to learn?</p>			
<p>In what ways do you think you could help students operating from a negative emotional set point move toward a more positive one?</p>			