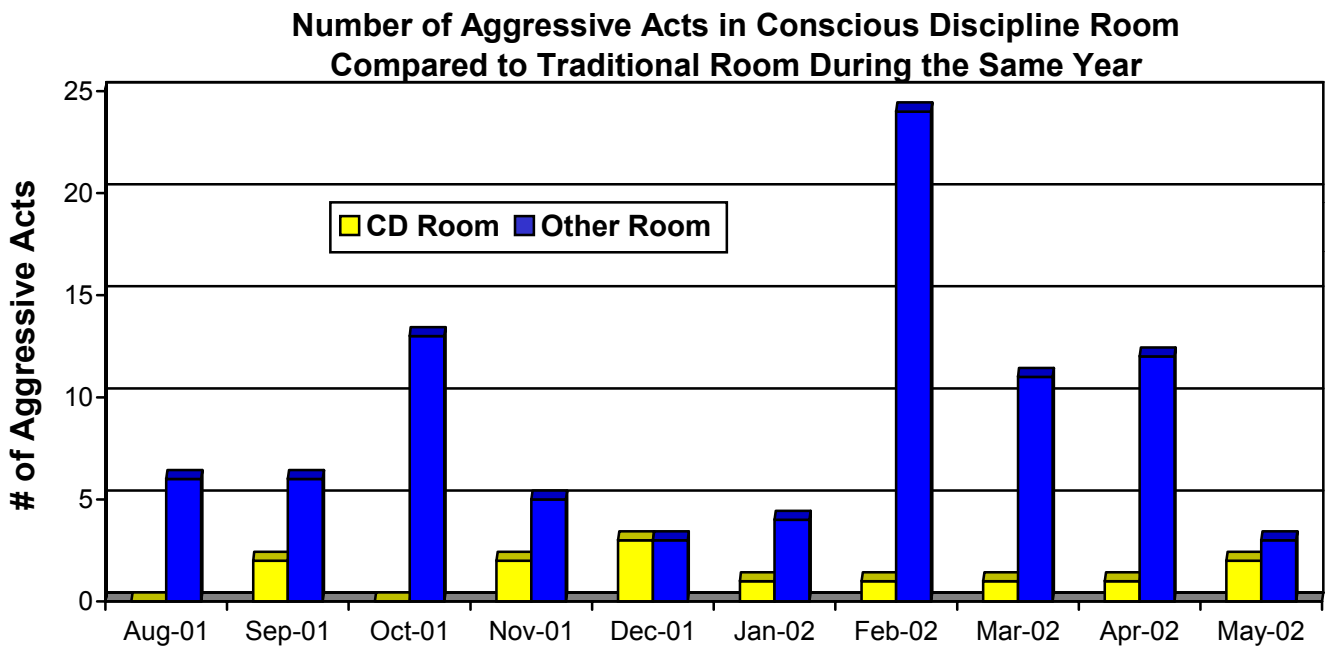
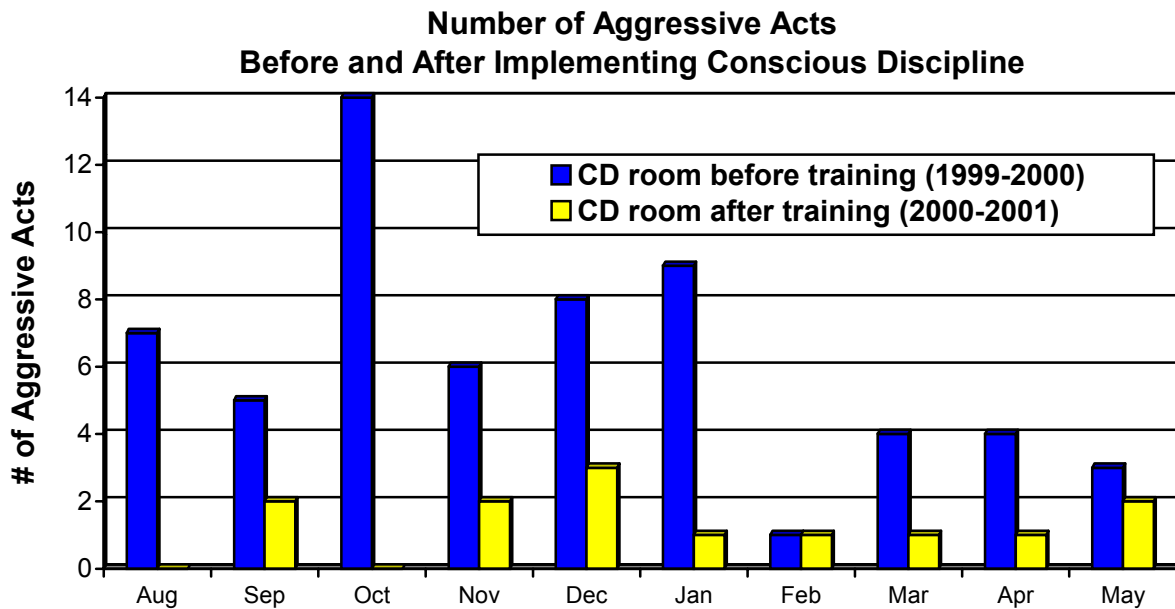


The 7 Proven Results of Conscious Discipline®

1) Decreases aggression:

What Research Says...	What Conscious Discipline® Does...
Threat and stress in the learning environment are the greatest contributors to impaired academic achievement (Jensen, 1998). Safety is the prerequisite for learning.	Conscious Discipline® significantly reduces aggressive acts, creating safe classrooms and safe schools.

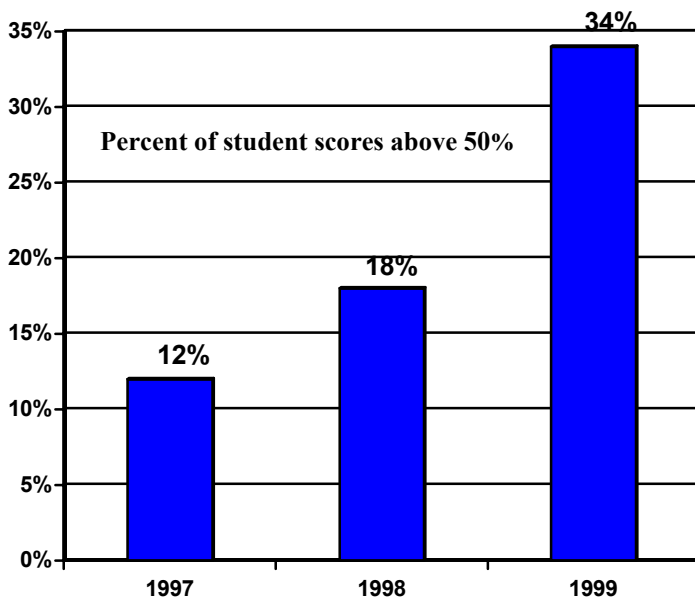


2) Increases academic scores on state tests:

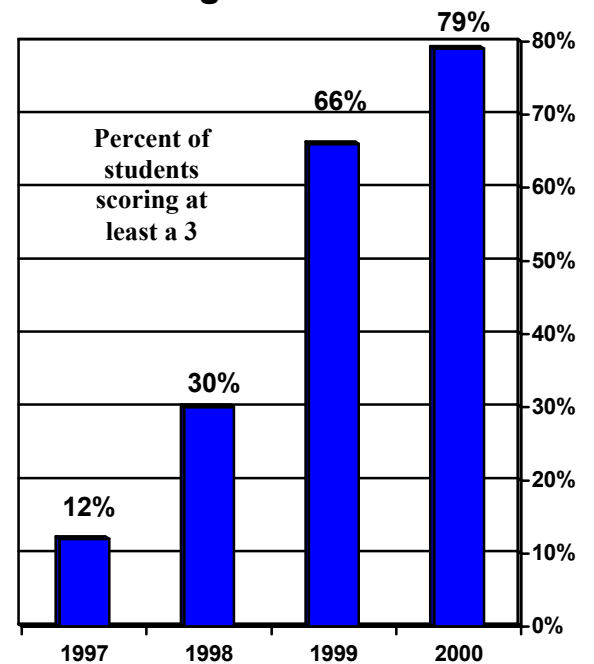
What Research Says...	What Conscious Discipline [®] Does...
A meta-analysis of 11,000 statistical findings indicates that one of the top influences on learning is classroom management (Wang, Haertel & Walberg, 1997).	Conscious Discipline [®] classrooms scored significantly higher in statewide reading comprehension, writing and math tests.

The impact of Conscious Discipline[®] on one Florida school is reflected in the 1999 scores on the statewide assessment tests below.

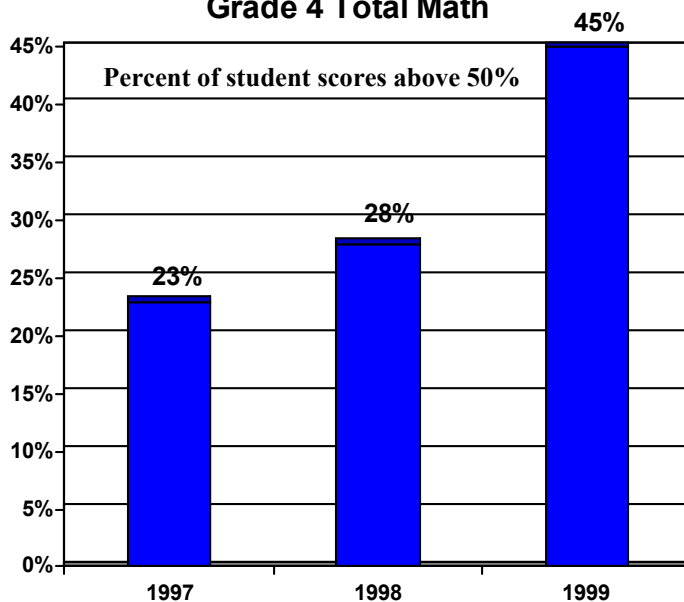
Stanford Eight Achievement Test Grade 4 Reading Comprehension



4th Grade FCAT Writing Assessment



Stanford Eight Achievement Test Grade 4 Total Math

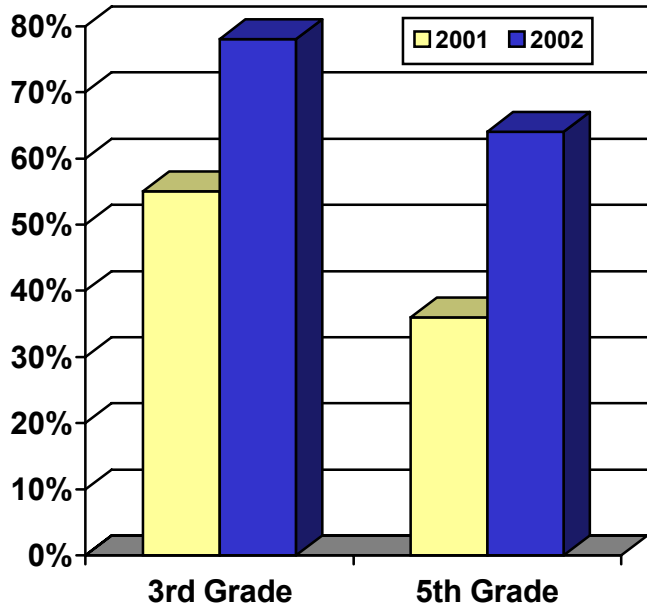


2) Increases academic scores on state tests: (continued)

The impact of Conscious Discipline[®] on one Arizona school is reflected in the 2002 scores on the statewide assessment tests below.

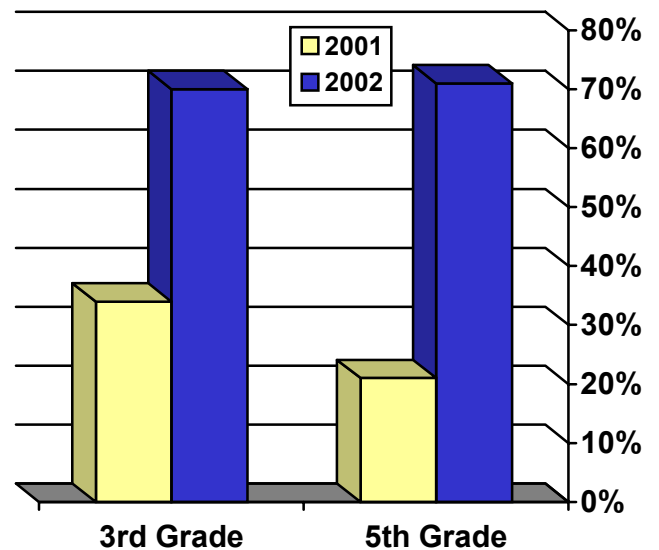
Arizona's Instrument to Measure Standards - Reading portion

Percentage of students achieving state standards



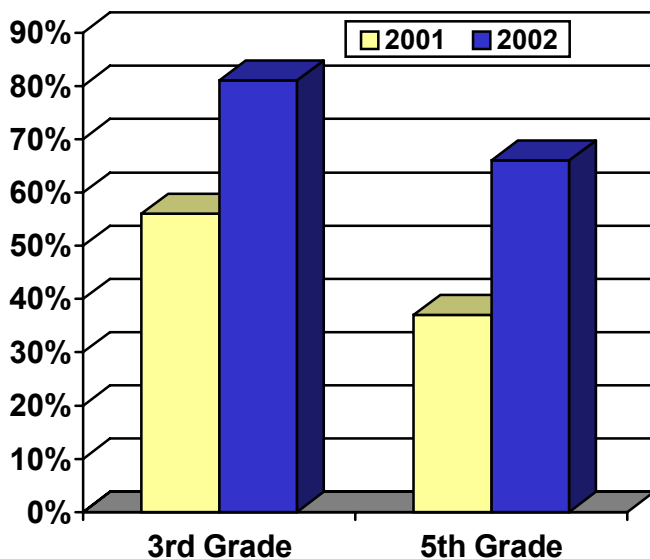
Arizona's Instrument to Measure Standards - Writing portion

Percentage of students achieving state standards



Arizona's Instrument to Measure Standards - Math portion

Percentage of students achieving state standards



3) Decreases impulsivity, hyperactivity in “difficult” children in public schools:

What Research Says...	What Conscious Discipline® Does...
At-risk children require a disproportionately large amount of time and resources from teachers and schools (Strong, 2002).	Conscious Discipline® can bring these at risk, “difficult” children into a normally behaving range, saving valuable school resources.

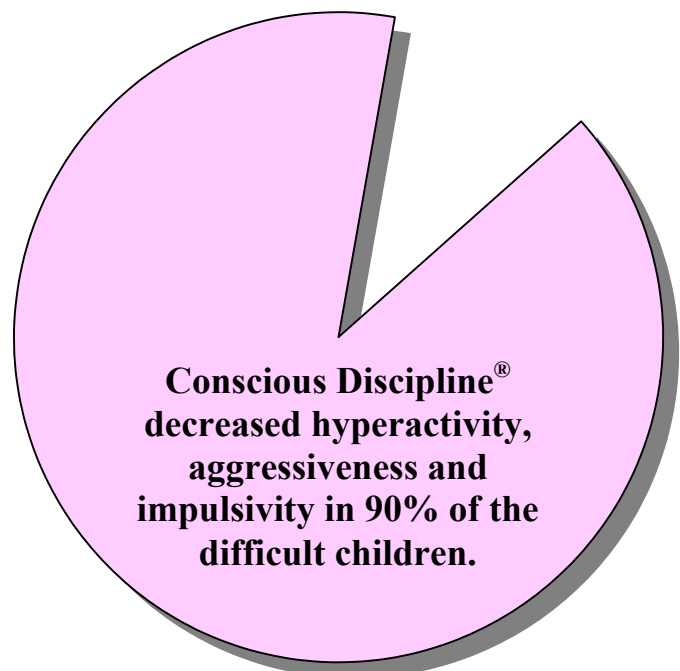
A questionnaire conducted in 2001-2002 assessed the behavior of “difficult children” both before and after their classrooms implemented the Conscious Discipline® program. The students, grades K through 6th, were chosen to participate based on administrator and teacher nomination and the number of discipline referrals each child had received in the past. It is important to note that the older the student, the greater the years of chronic discipline issues that seemed unchangeable by traditional discipline methods.

The 10 students were assessed using the Behavioral Assessment System for Children, or BASC. The BASC program provides an evaluation of personality and behavior disorders among children. With the use of Conscious Discipline®, nine of these students, or **90% of the subjects, achieved statistically significant improvements** in the following areas:

the reduction of hyperactivity, the reduction of aggressiveness, and the reduction of impulsivity and externalization of problems.

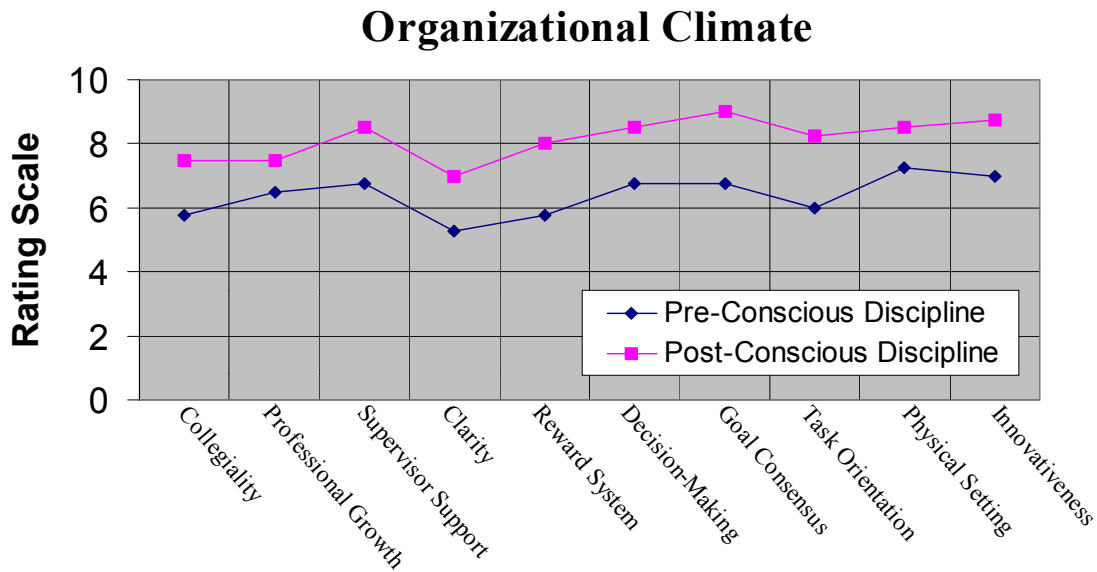
Conscious Discipline® was able to bring “atypically” behaving students into a “normal” range.

Since these small numbers of children require tremendous amount of school resources, the teachers and principals were very pleased.



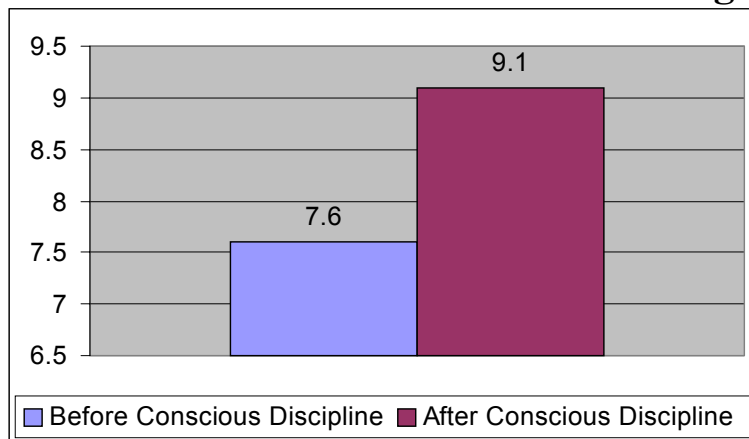
4) Increases collegiality of staff:

What Research Says...	What Conscious Discipline® Does...
Collegiality has one of the greatest impacts on student achievement than any other factor (Barth 1991).	Conscious Discipline® is a research-based program proven to increase collegiality & organizational climate.



Conscious Discipline® increases the organizational climate. Teachers rated the organizational climate in their workplace in several categories. The rating scale featured a low score of 1 and a high score of 10. The survey data for the same categories was collected before (blue) and after (pink) the Conscious Discipline® program was instituted.

Overall Commitment to Organization



Conscious Discipline® increases commitment in the workplace. Teachers rated their overall commitment to the organization with a low score of 1 and a high score of 10. Before Conscious Discipline®, the average rating was 7.6. After Conscious Discipline®, the scores rose to 9.1.

5) Creates a positive school climate by building a School Family™:

What Research Says...	What Conscious Discipline® Does...
Positive school climate is significantly related to psychosocial and academic development and performance outcomes (Haynes et al, 1996).	Conscious Discipline® improves teacher-student and student-student relationships in order to create a more positive school climate where helpfulness outweighs external rewards as a student motivator.

Teachers

Eight schools received Conscious Discipline® training throughout the year. Teachers completed a school climate survey before and after training. The teachers reported 50-75% application of Conscious Discipline®. Their survey results show the following:



“There are good relations between students and teachers.” The average shows a positive movement. **Conscious Discipline® improved student-teacher relationships.**

“Individual students who perform well should be rewarded.” The average shows a positive movement away from external motivators like stickers and privileges. **Conscious Discipline® was effective in helping teachers replace external rewards with internal motivations.** A school climate of caring is more effective than external rewards.



“By trying a different teaching method, I can significantly affect a student’s achievement.” The biggest reason half of all teachers leave the profession within the first five years is the loss of the belief that they make a difference. **Conscious Discipline® empowered teachers to make a difference.**

Students

Classrooms including 160 2nd, 3rd and 4th graders were surveyed before and after implementing Conscious Discipline®. The questions used an “agree” and “disagree” scale. The survey results show a definite shift toward a more caring, helpful classroom.

“When I’m having a problem, some other student will help me.” The average shows a positive movement. **Students feel more likely to received help from others after Conscious Discipline® is implemented.**



“People should work out their own problems by themselves.” The average shows a positive movement. **Students felt more able to approach others for help with Conscious Discipline®.**

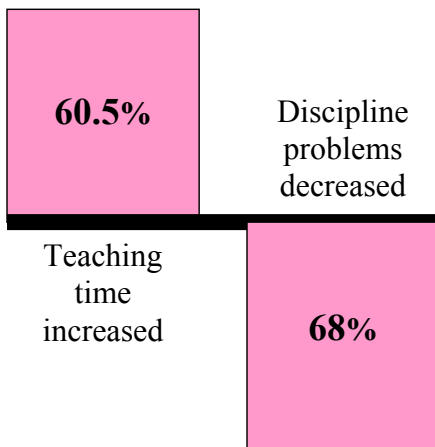
Combined, these results show that **Conscious Discipline® helped meet students’ basic psychological need for emotionally supportive relationships and a sense of connectedness.**

6) Increases teaching time:

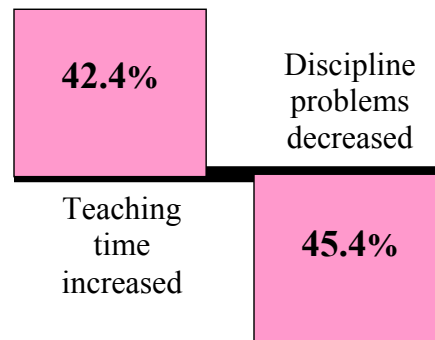
What Research Says...	What Conscious Discipline® Does...
Overwhelming research indicates the positive relationship of teaching time to academic outcomes.	Conscious Discipline® significantly increases teaching time and reduces discipline problems.

Teachers in a high-risk Arizona school received Conscious Discipline® training in two separate ways. One group of 10 teachers and administrators attended the weeklong Conscious Discipline® Summer Institute in Orlando, Florida. The other group of 27 teachers received monthly training from those who attended the weeklong Institute. The training process occurred over a two-year period. Self-report surveys indicated the following results:

Survey results for *Conscious Discipline®* Summer Institute graduates



Survey results for teachers receiving training from *Institute* graduates



Percent of teachers who experience the following change with Conscious Discipline®

	Increased joy in teaching	Increased willingness to teach in at-risk schools	Increased student achievement	Decreased student cliques	Increased inclusion of special needs students	Decreased bullying	Increased student respect & responsibility
<i>Conscious Discipline®</i> Summer Institute graduates	100%	90%	100%	80%	80%	100%	100%
Teachers receiving training from <i>Institute</i> graduates	92%	92%	88%	72%	80%	72%	100%

7) Enhances Parenting Effectiveness:

What Research Says...	What Conscious Discipline® Does...
<p>Parent-child relationships that include healthy communication and the ability to set limits is the #1 factor in self-esteem, social competence, academic success, and psychosocial development of children (Strage and Brandt, 1999)</p>	<p>Conscious Discipline® for parents significantly enhances parent-child relationships in the areas of setting limits, communication, satisfaction, involvement and support.</p>

The *Ten Steps to Positive Discipline Training Manual*, based on Dr. Bailey's Conscious Discipline® program, was used to provide 5-week classes for parents in Mesa, Arizona. Instructors supplemented the manual with the award-winning audiotope *Ten Principles of Positive Discipline* and the *Easy to Love, Difficult to Discipline* book.

Parents completed a 78-question Parent-Child Relationship Inventory (PCRI) before and after the class. The PCRI is a self-report questionnaire that measures parenting behaviors and dispositions on seven sub-scales. Results indicate that Conscious Discipline® is significantly effective in improving parent-child relationships on the following five scales.

1. Limit Setting Scale: Measures a parent's effectiveness in establishing firm, fair limits.
Conscious Discipline® significantly increases parents' ability to set limits, follow through and provide positive guidance strategies.
2. Communication Scale: Assesses a parent's perception of how effectively he or she communicates with a child. In measuring the ability to talk with children, the scale also reflects parents' empathy.
Conscious Discipline® significantly increases the parent's ability to see from the child's point of view and improves communication.
3. Satisfaction with Parenting: Measures the amount of pleasure and fulfillment an individual derives from being a parent.
Conscious Discipline® significantly improves parents' satisfaction with parenting.
4. Involvement Scale: Examines the level of a parent's interaction with the child, the time spent with the child and knowledge of the child's interests.
Conscious Discipline® significantly increases parents' involvement with children at home, at school and with their interests.
5. Parental Support Scale: Assesses the level of emotional and social support a parent receives.
Conscious Discipline® significantly helps parents support each other and/or create parent support systems.