

## Lesson Plan

**Objective:** To teach **assertiveness** to students with mental retardation.

**Setting and materials:** Elwyn Institute's assertiveness training manual (Rosen & Zisfein, 1975).

### *Content taught*

The curriculum is divided into the following topics:

- a. expressing appropriate affect and expressing good feelings and positive statements
- b. expressing needs and desires
- c. expressing anger
- d. saying "no,"
- e. stating opinions and contradictions
- f. asserting self to authority figures

### *Teaching procedure*

- No information was provided on the teaching procedure.
- The program is six weeks in duration.

### *Method of evaluation*

- The Bailer-Cromwell Locus of Control instrument (Bailer, 1961) is used to measure locus of control.
- Assertiveness is assessed by a two-part instrument developed by Chapman (1978):
  1. assertiveness communication
  2. assertiveness discrimination

**Lesson plan based on:** Bregman, S. (1984). Assertiveness training for mentally retarded adults. Mental Retardation, 22, 12-16.