



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

TIP SHEET

How Workbooks Build Student Success

Here are six ways **your students (and you!) will benefit** from using Dibble student workbooks.

- 1) Workbooks are entirely personal – unlike spelling or math workbooks, they become the young person’s **journal of hopes, goals, and plans** for their lives.
- 2) They include **many relationship tips and lists** for the young person to consult.
- 3) They allow the student to acquire **additional relationship concepts** that an instructor may not be able to cover.
- 4) They can help students understand relationship concepts by using **multiple learning modalities** of reading, listening, writing, drawing, and speaking.
- 5) They let instructors **gauge students’ level of engagement** without compromising confidentiality.
- 6) They help **reduce teacher prep time** and **increase program fidelity**.

Tips for **new ways** to use Dibble workbooks:

- ✓ Instead of working individually, ask students to form small groups to complete some pages. Group members record the discussion and reach consensus as a way of developing the skills of listening, reflecting, and expressing.
- ✓ Ask students to make an oral presentation of a workbook page.
- ✓ Put the workbook page questions on the board or a PowerPoint for large group discussion.
- ✓ Ask students to draw their answers to some questions.
- ✓ In one-on-one visitation programs, use the workbooks to introduce concepts healthy relationship concepts and foster discussion.
- ✓ Ask students to use the “tips” pages to make posters to hang in the classroom or school.
- ✓ Ask students to “teach” a workbook page to younger students for a service learning opportunity.
- ✓ Use workbook pages to engage and educate adults outside of class. Workbook pages can be used as conversation starters with parents, mentors, and other adults. They are a great way to strengthen communication while building support and understanding.

P.O. Box 7881
Berkeley, CA 94707-0881
800.695.7975