



Academic Posture describes the observable student behaviors that remind students to be attentive and ready learners. When students are employing the academic posture behaviors, it communicates to the teacher that the students are actively listening and alert, which maximizes students' ability to pay attention. Teachers set expectations with students in advance about a small number of behaviors they will be looking for and refer to. Acronyms are often used to help remind students the behaviors that need to be exhibited for academic posture.

- Determine 3 – 5 specific behaviors that students will be expected to follow.
- Create a concise but clear description of what each behavior looks like and what the teacher will be looking for students to do.
- Explain to students the expected behaviors they are to follow.
- Model the expected behaviors for students. For example:
 - Sit up- demonstrate having back straight against the back of the chair and both feet on the floor under the desk.
 - Listen-demonstrate having eyes forward on the speaker, mouths closed, and nothing in their hands.
- Have students practice the expected behaviors and reteach until each student successfully demonstrates it.
- Provide frequent verbal reminders and post the behaviors in the classroom so that they can easily be referred to.



Additional Tools

S.L.A.N.T.

S.L.A.N.T. is an acronym to remind students to focus: **S**it up, **L**isten, **A**sk and answer questions, **N**od your head, and **T**rack the speaker. “Make sure you are SLANTing” is shorthand to remind students to focus.

S.T.A.R.

S.T.A.R. is an acronym to get students’ attention and remind them to focus: **S**it up, **T**rack the speaker, **A**sk and answer questions like a scholar, and **R**espect those around you.

For more strategies and/or resources, visit houstonisd.org/EffectivePractices



ALERTS

When a student is not following a particular behavior, pause briefly to remind the student or the entire class what the behavior is and why it’s important, then ask the students to model the behaviors before moving on.



QUICK TIPS

Consider assigning each behavior a nonverbal signal to help reinforce or correct any aspect of the academic posture without interruptions. For example, point to the eyes to remind a student to track the speaker.