

# Challenge by Choice

*Please remember that "Challenge by Choice" should be part of any classroom norms, code of conduct, Full Value Contract, etc.*

**"Challenge by Choice"** is a concept that involves students deciding on their own, without teacher or peer pressure, to take on a challenge. Learning is deepened, because the student is in control of his/her learning. It is a concept that, when used with skill, can empower a learner to choose a level of challenge that makes for optimum learning.

**In order to feel safe in a community, a person must have control over what she or he will and will not do.** At some times it is appropriate to say no, even in the face of acute peer pressure. This is especially necessary when participants are asked to take risks.

Sometimes we ask students to do things they are not ready to do. We need to give them the opportunity to not completely opt out, but to participate in a way that is most appropriate for them.

(Adapted from Journey Toward the Caring Classroom)

See pages 28 and 29 of Journey Toward the Caring Classroom for a more thorough explanation.

## TIP:

I always make it clear that **Challenge by Choice** does NOT mean a person can choose not to participate at all, but can choose how he or she will participate. This may mean doing an activity at a different pace or level, participate as a spotter, participate as an observer/note taker that helps with the debrief, etc.