



## GOLDEN RULES

Identify The Type Of Conflict

Use "I" statements

Focus on the issue - Not the person

Listen/Observe carefully

INDIVIDUAL ACTIVITY

# STUDENT TOOLKIT

## WORKSHEET | CONFLICT RESOLUTION

### Description of the Conflict

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### Contributing Factors

List factors that might have contributed to the conflict.

Factor 1.

Factor 2.

Factor 3.

### Own Role in Conflict

Reflect on how your actions may have contributed.

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### Desired Outcome

Write down what you ideally want to happen.

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### Action Plan

Steps you will take towards resolution.

Step 1.

Step 2.

Step 3.

### Example:

- *Description of Conflict:* Argument with a teammate about practice schedules.
- *Contributing Factors:* Miscommunication, stress from upcoming games.
- *Own Role in Conflict:* Didn't communicate my schedule constraints clearly.
- *Desired Outcome:* A practice schedule that works for everyone.
- *Action Plan:* Propose a meeting to discuss schedule options, prepare a flexible schedule beforehand.

**CONTINUED...**

INDIVIDUAL ACTIVITY

# STUDENT TOOLKIT

## TEMPLATE | CONFLICT RESOLUTION DISCUSSION

### Issue Identification

Clearly state the issue at hand.

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### Personal Feelings

Express how the issue affects you personally.

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### Possible Solutions

List potential solutions you think could work.

>	_____	>	_____
>	_____	>	_____
>	_____	>	_____
>	_____	>	_____

### Preferred Outcome

Describe what a successful resolution would look like for you.

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#### Example:

- *Issue Identification:* There's a consistent noise issue late at night.
- *Personal Feelings:* I feel stressed and unable to sleep well, affecting my studies.
- *Possible Solutions:* Establishing a quiet time after 10 PM, using headphones.
- *Preferred Outcome:* A peaceful environment conducive to sleep and study.

## CHALLENGE

# THE CONFLICT FIX

**OBJECTIVE**

Enhance empathy through discussing disagreements and understanding diverse perspectives.

**INSTRUCTIONS**

- Find a friend or family member with whom you have a minor disagreement or difference in opinion.
- Engage in a 15-minute conversation where you both explain your perspectives.
- Focus on actively listening without interrupting.
- Afterward, summarize their viewpoint and your own in a short paragraph each.
- Submit a brief synopsis of both viewpoints and what you learned about empathy and understanding different perspectives.

**Synopsis**

Write a brief synopsis of both viewpoints and what you learned about empathy and understanding different perspectives.

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