

## CHANGE IDEA GUIDE

# 2x10

The “two by ten” is a strategy to strengthen a relationship with one student by speaking with them for just two minutes a day for 10 consecutive days.

### HOW IT WORKS

#### KEY ELEMENTS

Strictly non-academic conversations

Repeated interactions over consecutive days

Intentional adult reflection

#### INTENDED IMPACTS

Get to know the student as a person

Build trust and rapport

Challenge adults' perceptions of students and increase intentionality in relationships

### PROCESS

#### SET-UP

##### Select Appropriate Students

Use quantitative or qualitative data to select students most likely to benefit from a 2x10

##### Identify Times for Connection

Identify available times (e.g. before/after class, during passing period, lunch, etc.)

#### DURING

##### Begin 2-min Conversations

Begin talking with the student 2 mins a day for 10 consecutive days without discussing behavior or academics

##### Persist Until Day 10

Record what you notice each day

#### AFTER

##### Reflect on Student & Self

Reflect on changes in the student and what you have learned about yourself

#### SELECT STUDENTS WHO:

- Have high attendance, AND
  - Seem disengaged from academics,
  - Appear disconnected from other students or school,
  - Struggle with emotional regulation, social awareness, or disruptive behavior, OR
  - You have struggled to connect with

#### IDEAL FOR:

- Students that you will see regularly
- Proactive relationship-building with vulnerable students
- Transforming or resetting a relationship before pushing academically

## QUALITY CRITERIA

To ensure quality, be sure to:

- ☐ Select students based on data (academic or relational)
- ☐ Persist through 8-10 days
- ☐ Engage only in non-academic conversations
- ☐ Reflect on what is learned

## MEASUREMENT

### DATA COLLECTION STRATEGY

Use a note catcher to jot down what you learn from each conversation

### SUGGESTED MEASURES

- # of students who have received a 2x10
- # of days completed
- Qualitative observations of how the quality of your relationship has changed

## TIPS FOR SUCCESSFUL IMPLEMENTATION



Follow up on what you learn about the student's life, ask probing questions, and make connections to your life or the world outside school.



Create structures to support your consistency. Set a reminder, put a daily tracker on your desk, or recruit another adult to do it with you to provide social accountability.



Persist! The real impact comes after 8-10 conversations, so continuing to completion matters a lot.



Start with easier things to talk about and then shift to more personal topics as you get to know the student.



Making requests to improve behavior or critique work.

## POST-2X10 REFLECTION QUESTIONS

- What did you do to better understand the background of the student? Was this helpful?
- Has your view of the student shifted after doing this practice? If so, in what way?
- Did you uncover any assumptions or biases you had about this student? If so, how are you beginning to transform them?
- What worked or didn't work for you in doing this practice?
- How did the student respond to your efforts to get to know them? Would you change anything for next time?
- What surprised you about this experience? Did you learn anything about yourself?

## SUPPORTING MATERIALS

[Training Slide Deck](#)

[Data Collection Sheet](#)

[Printable Conversation Starters](#)