

Effect sizes are from Marzano (2003)	Average effect-size	Number of studies	Average Decrease in number of disruptions
Mental set consists of:			
'Withitness' Having a heightened awareness of what is going on in your classroom and responding very quickly to actual and possible disruptions.	1.4	3	42%
'Emotional objectivity' Keeping an emotional distance between you and classroom events, and thinking about your emotional response to them.	0.71	2	26%

'Withitness'

This is a term coined by Kounin (1970) meaning awareness of what is going on in every part of your classroom, and a quick response to disruption. This is important as it deals with another vicious cycle.

