

Chapter 1 : Self Discipline Benefits and Importance

Student motivation and engagement play an important role in learning and academic achievement. Closely related to motivation is self-discipline, the ability of students to monitor and control their own behaviors. Students who are highly self-disciplined may be able to better focus on long-term goals.

Just over ten years ago they performed a longitudinal study on two groups of adolescents to measure self-discipline in the students. Results came from self-report, parent report, teacher report and monetary choice questionnaires, given in their fall semester. The results of these studies on student self-discipline accurately predicted their final grades, class attendance, standardized test scores—and even selection into a competitive high school program the following spring. In the second round, questions on study habits and IQ were added. The results were profound and unmistakable. Self-discipline accounted for more than twice as much impact as IQ did in grades, test scores, school selection, school attendance, hours spent doing homework, hours spent watching television, inversely and the time of day students began doing homework. These findings illustrate a major reason for students falling short of their intellectual potential: Self-discipline in the fall will predict academic performance in the spring. Self-discipline will account for more academic variance than will I. Self-discipline will predict final GPA, controlling for I. Q and first-marking period GPA. CB via photopin license There is nothing more common than finding students who are loaded with potential, intellectually or athletically, yet who end up severely under-performing. So how do we cultivate willpower and self-discipline in them? Do it if you hate it. Years ago, I was teaching college students and we decided to build self-discipline into our routines. One competition we chose was: We found when we did this, it not only became amusing, but we harnessed our lazy dispositions. The contest became an aid in becoming more self-controlled and in enhancing our willpower. Every one of us grew stronger in our self-discipline—performing the very activity we naturally ran from in the past. Another lesson we learned was the power of emotional support. Another lesson we learned was this: In short, they could read whether their counterpart was lying or exaggerating. I have said it before: Talk about career report cards. Students know their report card is all about exams and grades. Unfortunately, they learn enough to pass, but often fail to realize that once they graduate, their employer has a different scorecard. Be careful—the goal is not to de-incentivize kids to perform in school. They just need to begin growing soft skills their future supervisor will expect them to have in adulthood. Try visualizing what you want and then relax and allow your brain to rest. If you work out consistently, you will build muscle mass. But if you work out too many times a day, you will damage your muscles. We can do the same thing to keep unwanted temptations at bay. The 19th century author Fyodor Dostoyevsky wrote: Try substituting by thinking about a black bear or a brown bear. Finally, help students recognize they must cultivate willpower one step at a time. Then—watch their grades go up. Guide unprepared adolescents and kids to productive adulthood. Understand the generation following Millennials:

Chapter 2 : The First Year Teaching: The self-discipline approach to classroom management - The Edvoca

Self-discipline is not only found to be related to a student's academic success, but to their behavior as well. One study found that students with a high level of self-discipline were less likely to have behavioral problems in school, as well as lower rates of alcohol and drug abuse.

Self Discipline Benefits and Importance By Remez Sasson Self-discipline is one of the most important and useful skills everyone should possess. This skill is essential in every area of life, and though most people acknowledge its importance, very few do something to strengthen it. Contrary to common belief, self-discipline does not mean being harsh toward yourself, or living a limited, restrictive lifestyle. Self discipline means self control , which is a sign of inner strength and control of yourself, your actions, and your reactions. Self discipline gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore, one of the important requirements for achieving goals. The possession of this skill enables you to persevere with your decisions and plans until you accomplish them. It also manifests as inner strength, helping you to overcome addictions, procrastination and laziness, and to follow through with whatever you do. Build Up a Strong Willpower Easy to follow program for increasing your willpower, self discipline and inner strength, with all the instructions, guidance and exercises you need. Overcome procrastination, get rid of laziness, and develop decisiveness. Gain perseverance and finish whatever you start. Start Building Your Willpower and Discipline One of its main characteristics is the ability to reject instant gratification and pleasure, in favor of some greater gain, which requires spending effort and time to get it. Self discipline is one of the important ingredients of success. It expresses itself in a variety of ways: The ability not to give up, despite failure and setbacks. The ability to resist distractions or temptations. Trying over and again, until you accomplish what you set out to do. Life puts challenges and problems on the path to success and achievement, and in order to rise above them, you have to act with perseverance and persistence, and this of course, requires self-discipline. The possession of this skill leads to self-confidence and self esteem, and consequently, to happiness and satisfaction. This skill is also useful for overcoming eating disorders, addictions, smoking, drinking and negative habits. You also need it to make yourself sit and study, exercise your body, develop new skills, and for self improvement, spiritual growth and meditation. As said earlier, most people acknowledge the importance and benefits of self discipline, but very few take real steps to develop and strengthen it. However, you can strengthen this ability like any other skill. This is done through training and exercises , which can find at this website. Self Discipline Benefits and Importance Self-discipline helps you: Avoid acting rashly and on impulse. Fulfill promises you make to yourself and to others. Overcome laziness and procrastination. Continue working on a project, even after the initial rush of enthusiasm has faded away. Go to the gym, walk or swim, even if your mind tells you to stay at home and watch TV. Continue working on your diet, and resisting the temptation of eating fattening foods. Wake up early in the morning. Overcome the habit of watching too much TV. Start reading a book, and read it to the last page. It will be easier for you to strengthen your self discipline, if you: Understand its importance in your life. Become aware of your undisciplined behavior and its consequences. When this awareness increases, you will be more convinced of the need to make a change in your life. Make the effort to act and behave according to the decisions you make, regardless of laziness, the tendency to procrastinate, or the desire to give up and stop what you are doing. You can strengthen your self discipline, even if it is currently weak, with the help of special simple exercises , which you can practice at any time or place. Learn How to Focus Your Attention Learn how to focus your mind, control your attention, and strengthen your concentration skills with simple mental exercises. With a focused mind your attention and mental powers will improve, and you would do everything better, more efficiently, and in less time. He writes books and articles to help people improve their life, achieve success, gain inner strength and inner peace, and become more positive and happy. Sign Up to Our Newsletter If you enjoyed reading this article, sign up to receive our free newsletter with articles and updates. Sign Up for Our Newsletter Articles, tips and updates. Search Website Learn how to maintain a state of inner peace and poise in your everyday life and in difficult situations.

Chapter 3 : Self-discipline | Importance and value of the Self-discipline in life | Essay

Self-discipline can be especially difficult to improve because we, as students, often have a million things going on that we're balancing, and some days we just want to take a break - which is normal and healthy to do.

Janelle Cox Janelle Cox The number-one trait needed to accomplish your goals in life is to have self-discipline. Self-discipline is a learned behavior that not every student has. The ability for a student to be able to monitor and control her own behavior is a concept that many teachers would love their students to have, but unfortunately not all of them do. For the students that do have a strong sense of self-discipline, studies show that they outrank their peers in terms of academic performance. In fact, students with high self-discipline are also known to behave differently, have fewer absences, and do more homework than that of their less-disciplined peers. One study found that students with a high level of self-discipline were less likely to have behavioral problems in school, as well as lower rates of alcohol and drug abuse. Here are a few teaching strategies to help your students improve their self-control, so they will make better choices and not emotional ones.

Teaching Strategies that Reward Self-Control Create a classroom environment that will reward self-control. You may have heard about a study where children were given the option to have one treat right away or two treats later. The children who opted to wait for the two treats were later found to have performed better on achievement tests as well as were less likely to abuse substances. Therefore, their willingness to wait depended upon how they weighed the benefits. When students have a reason to distrust the promise for a future prize, they will opt for instant gratification. By creating a classroom that is trusting, and rewards self-control, you can help your students develop self-discipline.

Practice Self-Control One way to practice self-control is to go against the rules. For the study, they changed the rules and asked the students to do the opposite, run on red and stop on green. What they found was the students who were already self-disciplined had not changed their behavior, but the students who did not have any self-control beforehand had now gotten better. By playing games that go against the rules, students who do not know how to self-regulate will learn to gain more self-control.

Take a Brain Break Teachers use brain breaks for many reasons, mainly to help calm their students down after recess or during transitions. Brain breaks can also help students recharge and refocus in between tasks and help to break up the monotony of the day. When students are going from one task to another, it can be hard for them to keep their self-control. When you give them a brain break, you are giving them the ability to recharge and refocus their minds. Try opting for a quick brain break in between each lesson and activity. They only have to be from minutes in length for students to gain the benefits. Studies also show that the shorter your lessons are, the better students will be able to self-regulate.

Chapter 4 : Students consider “self-discipline”™ at Theme Day - Ruislip High

Developing self-discipline. Self-discipline The Study Guides and Strategies Website is intended for students, ages middle school through returning adult, as well.

You may disagree with this statement, and if you do you are certainly not alone. For many people discipline is a dirty word that is equated with the absence of freedom. In fact the opposite is true. And in the longer term, the undisciplined lack the freedom that comes with possessing particular skills and abilities “ e. Self-discipline involves acting according to what you think instead of how you feel in the moment. Often it involves sacrificing the pleasure and thrill of the moment for what matters most in life. Therefore it is self-discipline that drives you to: But I have improved, and I can say that it is self-discipline that got me out of bed this morning at 5am to run and then write this article. Believe me, I would love to be curled up in bed right now, but this desire is subordinated by my inner sense of purpose. If you struggle with self-discipline, the good news is that it can be developed. For example, it is only in the past two years that I have trained myself to wake early. The following are what I have found to be the five traits of self-discipline: Self-Knowledge Discipline means behaving according to what you have decided is best, regardless of how you feel in the moment. Therefore the first trait of discipline is self-knowledge. You need to decide what behavior best reflects your goals and values. This process requires introspection and self-analysis, and is most effective when tied to written expression. I highly recommend taking the time to write out your goals, dreams and ambitions. Even better, write out a personal mission statement. I found that writing such a statement gave me a greater understanding of who I am, what I am about and what I value. Covey has an excellent Mission Statement Builder on his site. Conscious Awareness Self-discipline depends upon conscious awareness as to both what you are doing and what you are not doing. As you begin to build self-discipline, you may catch yourself being in the act of being undisciplined “ e. Developing self-discipline takes time, and the key here is you are aware of your undisciplined behavior. With time this awareness will come earlier, meaning rather than catching yourself in the act of being undisciplined you will have awareness before you act in this way. This gives you the opportunity to make a decision that is in better alignment with your goals and values. Commitment to Self-Discipline It is not enough to simply write out your goals and values. You must make an internal commitment to them. Then, I highly recommend putting in place a system to track these commitments. Courage Did you notice the sweat dripping from the man in the picture at the start of this article? Make no mistake, self-discipline is often extremely difficult. Moods, appetites and passions can be powerful forces to go against. Therefore self-discipline is highly dependent on courage. Instead, find the courage to face this pain and difficulty. As you begin to accumulate small private victories, your self-confidence will grow and the courage that underpins self-discipline will come more naturally. Internal Coaching Self-talk is often harmful, but it can also be extremely beneficial if you have control of it. When you find yourself being tested, I suggest you talk to yourself, encourage yourself and reassure yourself. After all, it is self-talk that has the ability to remind you of your goals, call up courage, reinforce your commitment and keep you conscious of the task at hand. When I find my discipline being tested, I always recall the following quote: Burn this quote into your memory, and recall in whenever you find yourself being tested. It may change your life. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity books “written by men “barely touch the tangle of cultural pressures that women feel when facing down a to-do list.

Chapter 5 : Developing self discipline

Throughout the program, students are continually involved in self-evaluation and self-discipline." (, p.2). Self-discipline approaches use a guidance rather than controlling approach by the teacher (a Constructivist approach).

Self-discipline can be considered a type of selective training, creating new habits of thought, action, and speech toward improving yourself and reaching goals. Self-discipline can also be task oriented and selective. View self-discipline as positive effort, rather than one of denial. Schedule a small task for a given time of the day; Practice deliberate delaying. Schedule a particular task in the morning and once in the evening. The task should not take more than 15 minutes. Wait for the exact scheduled time. When the schedule time is due, start the task. Stick to the schedule for at least two months. Scheduling helps you focus on your priorities. By focusing on starting tasks rather than completing them, you can avoid procrastination. Schedule a task and hold to its time; Avoid acting on impulse. Track your progress; At the end of the allotted time, keep a record of accomplishment that builds over time. Building a record will help you track how much time tasks take. If you begin to have surplus time, fill it with small tasks, make notes to yourself, plan other tasks, etc. Harness the power of routine. Instead of devoting a lot of hours one day, and none the other and then a few on another day and so on, allocate a specific time period each day of the week for that task. Apply this technique to your homework or your projects, you will be on your way to getting things done Advantage: You are working on tasks in small increments, not all at once. You first develop a habit, then the habit does the job for you. Use self discipline to explore time management Time management can become an overwhelming task. When you do not have control over your own self, how can you control time? Begin with task-oriented self-discipline and build from there. As you control tasks, you build self-discipline. As you build self-discipline, you build time management. As you build time management, you build self-confidence. Maintain a self-discipline log book. Record the start and end times of the tasks. Review for feedback on your progress Advantage: This log book can be a valuable tool to get a better picture over your activities in order to prioritize activities, and realize what is important and not important on how you spend your time. Schedule your work day and studies. When you first begin your work day, or going to work take a few minutes and write down on a piece of paper the tasks that you want to accomplish for that day. Immediately start working on the most important one. Try it for a few days to see if the habit works for you. Habits form over time: When you have a clear idea as to what you want to achieve for the day at its start, the chances are very high that you will be able to proactively accomplish the tasks. Writing or sketching out the day helps. Do not be intimidated; do not be put off by the challenge If you slip, remember this is natural Take a break and then refresh the challenge Tricks: Associate a new habit with an old one: If you drink coffee, make that first cup the time to write out and prioritize your tasks. Association facilitates neural connections! On a calendar in your bathroom, on a spreadsheet at your computer, on your breakfast table: Check off days you successfully follow up. If you break the routine, start over! Visualizing is a ready reinforcement of progress Role models: Observe the people in your life and see to what extent self discipline and habits help them accomplish goals. Ask them for advice on what works, what does not.

Chapter 6 : Teaching Strategies to Improve Student Self-Discipline

A Catholic education doesn't just help foster better spiritual discipline; it can help to improve a student's self-discipline, too. At least that's what a recent study conducted by the University of California Santa Barbara found.

Posted on April 3rd, Greatness lies not in being strong, But in the right using of strength. Beecher Throughout the recorded history of time, men and women alike have aspired to attain prominent levels of greatness. Throughout history and still today any one of those highly successful predecessors would educate a young dreamer in the fact that there are only two written unbreakable rules for achieving greatness of any level 1. Self-discipline and hard work, 2. These two terms work in tandem because one is not doable without the other, and no level of greatness will be achieved, nor sustained successfully without both. Most of us defiantly feel dislocated from our comfort zone when they completely focus on the realization that self-discipline sets the foundation for the hard work. Simply put, we are not a world that thrives on hard work. We, as a 21st Century civilization, are spoiled, pampered, and catered to on every level because that is the by-products of the technological age in which we luckily live. We have grown complacent, and willing to accept that what we want, we shall receive, and for almost a century that was pretty much expected as well as accepted. Well, guess what the technology of electronics has done? Opened up a brand new hailstorm of competitiveness within the job market and the workplace with an intensity that has never before shaded the job market and career industry the way it does now. The world of careers, professionals, and industry is more viciously competitive than ever and that requires a whole new standard of ambition. The people that are getting these great jobs and positions are the ones that are self-disciplined. They apply themselves with zest and full throttle focus. They demand enough from themselves to acquire the education and learn how to transition. Self-Discipline will entail doing your homework from the onset on both yourself and your goal; you have to know who you are, what you want, where you intend to go, and then do the footwork to get there without resolve. How to be disciplined? In order for any career minded person to stand a chance of obtaining a position within the elite echelon of leaders, managers, educators, entrepreneurs, etc. Genius is within all of us if we simply obtain the discipline to harness it; in our personal favor. The foundation of understanding the fundamental real-life application of self-discipline is a simple question: What do YOU want out of your life? This is what defines doing your homework and accumulating some long-term flavor. It will involve self-evaluation and concrete decision making. This is a major decision making attribute in its very finest moment, because once you get established in the process of obtaining your life goal; it is very discouraging to reconsider, re-start, and ultimately end up in any form of do-over process at any level within this transitional state. That in itself will undermine every major step you have taken at re-building yourself and the self that you ultimately intend to be. Establishing self-discipline as a habitual way of life towards one ultimate achievement is going to be hard enough without setting yourself up for sabotage. There will be adjustments to your core lifestyle and most of them will be major and uncomfortable from the on-set, but you have to keep yourself focused on the end goal. That is why it is emphatically pronounced that you consider all aspects and choose wisely from the start. This is not a process that will start out easy, nor comfortable; but it will eventually generate successful rewards on every level. So, that is the first thing you have to figure out. What is your intended purpose long-term and what are the conditions that are involved in getting it? It has long been an established fact that nothing good, or worth having is easily obtained or comes without sacrifice. This is also the case for the future you aspire to achieve. In order to get there, you will have to make concessions in the here-and-now. There will be places everyone else is going that you will have to pass on, your peers will be doing the average activities for your age groups and lifestyles but you will have to forego them and apply your focus and efforts in other more meaningful areas. There will be some things that you may see others have but you will not be able to afford, maintain, or sustain them at this point but consistently persist and keep your eyes on that ultimate end goal such as yourself and your future. For all of their play and good-times now you will most likely be the most rewarded in the final inning of the game. Eliminate the Conditions for Failure: One way to set yourself up for mastering the art of self-discipline is by eliminating the environmental

contributions that set-you-up to fail. Whether this is something as simple as turning off the television, or as extreme as removing the television from your life completely something as simplistic as too much T. That is not to say that the tele will be the only source of distractions you be challenged to overcome; there are a very diverse selection of life contributions that are easily considered distractions on a plethora of levels and forms. There are no rules set-in-stone for how to do this. It is a self-tailored application with the end result of your fate and achievements being totally at your discretion. One of the best platforms you can establish to promote your chances begins with taking care of yourself at home. Nourishment is the foundation that will enable you to sustain the endurance and establish the stamina for the application of hard work and trying times. Your body requires a balanced well rounded diet in order to function normally or even above standard on every level; especially when you consider raw physical strength and unconditional brain function for thinking, cognitive ability, and memory. It is a proven fact that the brain requires a higher content of balanced sustenance for consistency than your physical body as a whole. If you fail to replenish your mind with a balanced level of the staples it needs, then you are surly setting yourself up for a faltering resolve. Adequate sleep and rest are also defining factors that will determine the depth of your resolve. No one can function unconditionally without the correct amount of rest that their body needs to rejuvenate as well as adaptability. In order for your mind to excel and overcome the repeated demands of implementing self-discipline your body must sustain enough rest, sleep, and relaxation to generate focus and targeted attention. It is imperative for the survival and success of your new behavioral modifications i. Without the occasional added luxury of a little self-indulgence we can begin to resent the very thing that we are busting our humps to obtain. The key to obtaining and maintaining your identity is through your perception of self-worth. If you are not willing to reward a job-well-done to yourself then who will? The fundamental foundation for that is forged in fairness and reward. If you cannot justify being fair to yourself, you will hesitate and falter in the level of perceived fairness that you show to others. In no way do we want to encourage you to burn-out before your time by pushing yourself relentlessly. Although concessions are expected to be made they must not be allowed to dictate your every waking hour. For the most part, scheduled doses of controlled pleasure are the most commonly usually prescribed antidotes, but sometimes a little spontaneity is also well advised. First and foremost, the one common that you can depend on in life is that as a human being you will never be perfect, the things that go on around you will never be totally controlled, and the only thing you can control about any of it isâ€œ. That is, if you are willing to earn that privilege, because it by nature does not happen as a natural rule. Frustration comes easy, but triumph is an earned reward that is to be so succulently savored it will totally diminish the option of admitting defeat in any matter; especially from our own doing. The key is that when development stalemates happen they can stand at a seemingly endless impasse but self-discipline will enable you to preserve your ambitions and ideals with steady fortitude. Challenging times build character that will carry you through everything life throws your way as long as you push ahead forward no matter how many times you feel foolish, fail, or succumb to an unplanned temptation of whatever form. Keep your intentions in focus and before you know it you will be steadfastly back on track in the right direction. Discipline for Academic Success: From the beginning of your school years the tone has been set to instill more than simple academic advancement; it has also been the platform for developing the life skills you will need in order to be a successfully contributing member of society. The classroom is a very structured environment set in a very structured routine, for a variety of reasons. It is the basic foundation for generating a supreme learning environment, but it is also for establishing the fundamental foundation of teaching children about self-discipline in the context of conforming to a pre-set dictation of what, when, where, and even how. It is the general development for instructing children from early childhood forward that everyone has rules to follow, methods to uphold, and standards to live by in every situation of life on every level of living it. This structured environment diminishes with the introduction of college into the academic profile. The days of uninterrupted academic structure are replaced with adult decision making standards and parents are no longer held accountable for the outcome of your failure or success. Self-Discipline is the one fundamental key that is absolutely necessary for any and every student to achieve any level of academic success in a higher learning environment. It is the predilection for success NOW and throughout the entirety of the rest of your life. With

that fact being established students can move forward and grow in abounding achievements for successful studying, academic accomplishments, and inevitably overall success on every level. All that the students of the modern world have to do is fully grasp the ideals and concepts that are already established by their educational benefactors. The platform has been laid, therefore all that remains to be done is the earnest application and follow through of the self-discipline techniques and formats that have already been established. Grasping the Formatted Pre-Disposition: It is mainly about overcoming your own shortcomings that you are genetically pre-disposed to develop as a member of the human race. You know, the call and predispositions of laziness, complacency, and the inclination to always fit in with the crowd. It is about holding yourself accountable to get out of bed in the morning and actually go to class. It is about following through and actively participating, asking questions, taking notes, and studying. It is about grasping the realization that the only way this endeavor is to be successfully accomplished is through yourself; your parents, friends, nor your siblings can do this for you. They may have helped to get you this far, but now you are on-your-own. Self-Discipline is about monitoring the way you think and process thought. The way you store or process the things you learn, read, or experience. It is the way you show how you feel, your re-actions, and it is the guiding temperate that defines the very things you do; down to the smallest detail. Self-Discipline will actually over-ride the standards set by the world of education in the overall requiem of IQ status. If you cannot control your actions and focus your thoughts, you may be the smartest person in the world but little good it will do you if you cannot use that intelligence. Fully grasp and appreciate the important role that self-discipline will play throughout your life; on every level. Acknowledge your behaviors that undermine your success and affect the levels of your overall achievements. Make a conscientious choice to respect your decisions and then follow through them with a sincere resolve. Keep a trained eye on obtaining your success and the rewarding payoff. Take inspiration from the people that you admire. Ultimate tips for Self-Disciple Development: Budget your time and balance your activities accordingly. Make an earnest effort to respect deadlines and commitments. Develop and employ patience.

Chapter 7 : Self-Discipline and Catholic Schools | The Thomas B. Fordham Institute

When they have self-discipline, students will have control and responsibility for their own actions. Whether it is a choice with a positive outcome or not, if there is no threat to the student, teachers should let students make their own choices.

How teachers can help students to become self-disciplined????????? Teachers can help empower students to accept responsibility for and control over their choices. Teachers can help students to understand that their choices influence not only theirs, but others lives as well. By fostering social responsibility as a cornerstone for self-monitoring of student behavior and discipline, teachers can set the foundation for a more caring society, promote student dignity, and accentuate student abilities to make morally sound choices in regards to their own behavior. Ellsworth noted, "Research indicates that students who are self-motivated, who have a major stake in decisions, and who self-assess, and self-discipline will be successful in learning concepts, creating ideas, and becoming successful citizens. This approach of course may raise more than a few eyebrows, as the moral responsibility for our children in the past has always rested primarily on the shoulders of the parents and the clergy. Who then takes responsibility for teaching our next generation how to become caring, self-directed, self-responsible citizens???? Who will accept the challenge if not the adults who teach them on a daily basis??? Are we overstepping our bounds?? Or are we stepping up to meet the needs of the next generation????? When and where should children be taught how to accept responsibility for their actions, how to accept the consequences and rewards for those actions and how to become In the past, moral values and social responsibility were the primary focus of the family unit, community and the clergy. The core values of the home, the school, the community and the media reinforced each other. Children then came to school understanding basic values and possessing sufficient social skills so that the teacher and the class could function with relatively few problems. Marshall stated, "Violence, gang activities, and graffiti--all prevalent in our society are manifestations of a lack of social responsibility. Where are our children learning social-responsibility and self-direction????? Societal changes have altered the nature of youth and now require a different approach to teaching self-regulation skills to children. Educators must step up to the plate and hit a home run for children and our future society. They must accept the challenge of modeling and teaching our children how to accept responsibility for their actions. This is a very intimidating task at best. Could this demise of educators be caused by the pre-set pedagogy of altering and controlling student behavior by coercion, rewards, and punishment?? According to McCaslin and Good classroom management has historically been seen by both educators and administrators as controlling student behavior, getting the student to act on demand--be quiet, raise your hand, stay in your seat, etc. Educators have done this by meting out an abundance of punishment and rewards We have done this without regard to what prominent study has shown us to be true. Glasser as cited in Madden says, "as soon as a teacher uses coercion the teacher and the student become adversaries. Gagne as cited in Gredler, believed that being told what to do does not facilitate learning. Vygotsky also cited in Gredler, believed that subjected feelings regulated behavior, but that the mechanisms of this regulation remain to be developed. Teachers can help students to develop these subjected feelings into socially acceptable behavior, by empowering students to become self-disciplined through self-monitoring of their own behaviors. Self-regulation skills include all of the SELF words in the introduction. Self-management, self-monitoring, self-responsibility, self-direction, self-regulation, self-reliance, self-efficacy According to Gredler Lev Vygotsky viewed self-regulation of behavior as the highest form of psychological functioning!!! In their writings Hoff and Dupall noted a study by Shapiro and Cole, "Recently, research investigations have focused on self-management strategies as a viable alternative to more traditional contingency management approaches. Self- management refers to actions in which an individual takes to change or maintain his or her own behavior. Past research has indicated that behavior changes resulting from self-management interventions have a greater generalization potential than contingency management procedures. We as educators have created an oxymoron: McCaslin and Good sum it up nicely, "Simply put, if we want students to understand i. Several models for teaching student self-discipline have been developed. Most outline a classroom community concept, where students are empowered to take control of their behavior

and become, as Panico noted " Ultimately students choose to exercise control instead of needing to be controlled. Other caring community models teach simple uncomplicated interventions where students learn to resolve conflicts with other students in positive ways. A good example comes from Schmid, " Still other models, such as RIPP Responding in Peaceful and Positive Ways where peace education, social skills, problem-solving skills and critical thinking are an integral part of the curriculum framework are working towards reducing violence in the schools by teaching self-discipline through social responsibility. Throughout the program, students are continually involved in self-evaluation and self-discipline. Self-discipline approaches use a guidance rather than controlling approach by the teacher a Constructivist approach. When a student behaves irresponsibly, the teacher helps the student identify the appropriate concept. Methods for doing so may include asking loaded questions as cited in Gossen , "Could you have done worse? Educators can use this question as a springboard, because if a student was arguing and answers, "Yes, I could have hit him. Can you do even better? Marshall says that this, "choice-response thinking encourages self-control, self-evaluation and self-correction and is the basis for developing social responsibility. According to Ellsworth, "This type of teaching is an art and a craft as well as a profession. Despite a century of emulating a scientific approach in teacher education, teaching has continued, at its core , to be a service, a dedication, a calling. Mastery of the art of teaching depends on intuition, on non-verbal impressions, timing, creativity, and a sense of humor. Teaching is a fully human pursuit. Will educators embrace or reject the idea of teaching social responsibility as a cornerstone to student self-discipline??? Do we continue to control student behavior, or empower our students to make socially responsible choices for their own behaviors, by modeling and teaching them humanity????? The choice is yours!!!!

Chapter 8 : 6 Ways to Become a More Self-disciplined Student | Wellness

The school theme this year is 'self-discipline'. Much of the day centred on students learning about the centenary of Armistice Day on November 11th, , marking the end of World War I hostilities.

The Context Student motivation and engagement play an important role in learning and academic achievement. Closely related to motivation is self-discipline, the ability of students to monitor and control their own behaviors. Students who are highly self-disciplined may be able to better focus on long-term goals and make better choices related to academic engagement. Although researchers have looked at self-discipline in young children and college-age students, little research has examined the role of self-discipline in the academic success of adolescents. The Details Angela Duckworth and Martin Seligman conducted the study highlighted in this issue of ResearchBrief see below for full citation. The research progressed in two stages: The research was designed to test three hypotheses: To test these hypotheses, the researchers created a composite measure of student self-discipline based on data from multiple survey questionnaires administered to students, their parents, and teachers. The researchers then compared results from this composite measure to a variety of academic indicators, including student grades, standardized assessment scores, and admission to a selective academic program. The researchers looked at two successive cohorts of 8th grade students in a public magnet school in the northeastern United States. The first cohort comprised students 71 percent of the 8th grade class , and the second included students 83 percent of the 8th grade class. In both cohorts, just over half of the students were Caucasian and approximately one-third were African American. Asian students were the next-largest subgroup, followed by Latino students and American Indians. The authors described the school as socioeconomically diverse but did not supply specific details. Admission to the magnet school was restricted on the basis of previous grades and test scores. Although the self-discipline measures were similar across the two cohorts, the researchers did change one questionnaire that participants in the first cohort found confusing. They also added to the second study the administration of an IQ test to examine the relationship between intelligence, self-discipline, and academic achievement. Across both cohorts, the researchers found that self-disciplined students performed significantly better than more impulsive students on every academic indicator they measured, including grades, achievement tests, admission to a competitive high school program, and attendance. Students with a high degree of self-discipline also spent more time on homework and watched less television. Self-discipline also predicted academic performance much better than did IQ, and the researchers estimated that self-discipline accounted for twice as much variance in GPA as IQ did. The Bottom Line Students with a strong sense of self-discipline significantly outperformed their less-disciplined peers on a range of academic indicators, including grades, achievement test scores, and attendance. Additionally, self-discipline appears to be a better predictor of academic gain than is intelligence as measured by an IQ test. Students in the 8th grade were the focus of this study. Despite the fact that the research shows that self-discipline and achievement are related correlated , it is difficult to claim the relationship is causal e. Because the magnet school was selective, the study findings may not generalize to other populations. Even though the study found a strong link between student self-discipline and academic achievement, it does not explain why student self-discipline varies or discuss ways to increase self-discipline. The appearance of self-discipline may also be the result of behavioral constraints at home or school, rather than truly internalized behaviors. The Study Duckworth, A. Self-discipline outdoes IQ in predicting academic performance of adolescents. Psychological Science, 16 12 , â€”

Chapter 9 : Teaching Self-Discipline

When kids have self-discipline, they're able to delay gratification, resist unhealthy temptations, and work hard even when they don't feel like doing it. Whether that means turning off the electronics so they can get their homework done or it means resisting an extra cookie when Mom isn't looking, self-discipline is the key to helping kids.

Spread the love By Matthew Lynch As your journey as a teacher starts to finally take shape, you will find that there is no single method to use to manage a classroom effectively. As different situations arise, you will discover that different approaches need to be taken. The root of the problem should be the key factor in deciding on which approach should be utilized. Many teachers find that self-discipline approaches work the best for their students and there are several different sub-versions that you may find work the best for your particular classroom. The self-discipline approach is based on the belief that students are responsible individuals who can assess and correct their own misbehavior, and that teachers and students have trusting relationships built on respect. With its self-governing style, the self-discipline approach has four models:

Reality therapy Developed by psychiatrist William Glasser in the 1960s, reality therapy is used to guide students in becoming responsible individuals who are able to satisfy their own needs for the benefit of themselves and others. Despite its maturity, this approach has stood the test of time and is still very relevant today. This approach was developed with the idea that students know their own needs and wants, and will make changes accordingly to get closer to where they want to be. Teachers are supposed to help students with making the right choices, while avoiding the wrong choices and rational students should make the final decision themselves. If students happen to opt for the wrong choice and misbehave, teachers and students work together to first evaluate the misconducts. They should then devise an applicable plan for students to make amends. As trust and responsibility are given to students, students should work on their own to correct their misbehavior. If students fail and break the trust, engaging in misbehavior, teachers should remove them from the class until the students are committed to trying again to earn back the trust. This approach says that the different styles of parenting should not be the acceptable reasons for misbehaving. When misbehavior occurs, ask what the students are doing instead of asking the students for reasons, because students should be trusted to analyze their own misbehavior and seek plans to correct their bad behaviors. In this model, holding classroom meetings and discussions are necessities. Students should participate to develop the class rules and determine the consequences for breaking those rules. When students agree, the rules will be adhered to at a higher level. As trust and responsibility are the essential components of the self-discipline approach, teachers and students should be able to communicate without barriers. This approach implies that the parties who are unable to adhere to the rules are the cause of receiving the consequences. In a case where students are not prepared when they are expected to be, students are the cause for their receiving consequences. Given that this approach respects everyone, and encourages students to be responsible individuals, if unsatisfactory action takes place, anyone and everyone should express their opinions and dissatisfaction accordingly. Possible solutions should be decided upon by open discussions.

Inner Discipline Developed by Barbara Coloroso, this discipline takes a longer route in correcting student misbehavior. As the name says, the goal here is to help students develop inner discipline. When they have self-discipline, students will have control and responsibility for their own actions. In this discipline, when students misbehave, teachers should ask what students and teachers could do together to change. Students and teachers cooperate to build a community where they share the power. An underlying premise of this approach is that students do not have lasting discipline when quick-solutions such as reward systems are used. Coloroso believes that there are three types of teachers: The rules are not clear and teachers often change the rewards and punishments, so students cannot expect consistency from these teachers. The Kounin Model Research by Jacob Kounin in who was inspired by William Glasser, found that the difference between teachers is not how they deal with misconduct, but how they prevent it in the first place. His conclusion drew four factors that explain the classroom management success. Teachers should let students know that they have the full view of the classroom, and as soon as the teacher spots a misbehavior, the teacher indicates visually facial expression to the student that he or she has

seen the misbehavior, and this is usually enough to stop the behavior without the rest of the class being aware. Although such a look is enough in many cases, obviously some cases will require more action than that, with the teacher addressing the situation with everyone who was involved in the misconduct. Teachers can ask students questions that are up for anyone to answer, then students will all be concentrating and thinking about the questions, eager to respond for good grades. Another method that is often used is randomly selecting students to answer questions. Teachers have to ensure that students are continually working and are not sidetracked or distracted. Students can raise their hand if they have questions, and this ensures the smooth flow of the class without interruptions. In the next class materials can be reviewed, with assistance from the questions previously written down by students. Teachers may also prepare more challenging questions. Setting limits will help students know what to do in every situation, from small matters like pencil sharpening, to big matters like being ill. By doing this, teachers are able to have students find their own ways of dealing with situations, without major disruptions to other students. Body language is very effective, and easily implemented, and students usually stop the misbehavior with mere eye contact from teachers. An incentive system concentrates on taking away benefits from students when they misbehave. Efficient help is important as students start to misbehave when they start to fall behind. One of the ways to do this is getting others who are more settled to help the students who are struggling. None of these methods will work in all cases, so teachers should always have back-up plans, such as isolation from class.