

# **DETENTION LEARNING PACKET #13:**

## *LACK OF SELF-DISCIPLINE*

### *WHAT TO DO*

This is a Detention Learning Packet. It consists of several pages of text and a Response sheet that asks questions about what you did, why you did it, and what goals you must set to avoid the same problem in the future. Read the text and try to remember what you read. Then read the Response Sheet and write answers to the questions.

### *WHAT YOU DID AND WHY IT WAS WRONG*

You are serving a detention because you have failed to show self-discipline. We must all learn self-control and self-discipline to be considered grown-up. It looks as if you need some reminders in this very important area.

Failing to show self-discipline can work against you and the others in your class. When you fail to discipline yourself, you create situations in which you don't perform at your best. You can't give 100% in such circumstances. As a result, other people--students and teachers--have to cover for you. What you didn't do has to be done by others.

Lack of self-discipline also means that others find it hard to rely on you. They come to see you as undependable. They might say "We won't ask him to do it; he won't show up" or "She never comes through at the last minute." People may not view these persons as team players or as valuable members of the group because they don't work very hard.

## ***THREE STORIES ABOUT LACK OF SELF-CONTROL***

### **FRED FAILS THE FOOTBALL TEAM**

Fred is a good football player. He is strong, fast and has the potential for being an important member of the team. But this year Fred will spend football season sitting on the bench. The reason? Fred has no self-discipline.

Fred tends to put on weight quickly. He doesn't control his eating habits in the off season. This fall, he came back weighing more than he should. Fred knows he should diet and exercise during the summer, but he just can't bring himself to do it. Fred's doctor has said no football until he loses 20 pounds. So he will spend the fall watching the other boys play and feeling sorry for himself.

Fred doesn't show much self-discipline in other areas, either. He studies just enough to get by. His homework never gets done on time. When he volunteers for a project, he seldom follows through with his part. Fred has a reputation for being unreliable.

Fred has great potential. He could be a good student and a good football player. But Fred can't seem to get off the bench. That's where he seems to spend most of his time.

### **RECKLESS RANDY**

Randy is the class "wild man." You never know what Randy will do next. Most people just think about doing crazy things. Randy actually does them. Randy acts out most of the wild ideas he has. People say that Randy has "poor impulse control" because he acts out everything.

Once his friend Bill said "Wouldn't it be fun if we rode our bicycles down the hallway at school?" Somebody else dared them to do it. Randy said, "Why not? Sure we'll do it!"

So Randy and Bill rode their bikes right down the middle of the long hallway by the principal's office. Of course the principal saw them. Of course they got into trouble. Now Randy spends every afternoon in detention when he would rather be out playing basketball.

## **LAST-MINUTE LISA**

Lisa never plans ahead. She gets home from school and watches TV or talks with her friends on the telephone until almost bedtime. She never does her homework until the next morning. Then she does it while she's waiting for the bus.

Lisa forgets to bring things to school. Because she's so busy doing homework in the morning, she forgets to pack her backpack. She's grabbing books and papers and pens as she runs out the door in the morning. But she always leaves something behind.

Lisa could do some of her homework in study hall. Instead, she wastes time going out on hall passes. Then she finds friends to talk with and is late coming back to the room. Then she goes to the washroom and spends half an hour trying different hair styles. Finally she comes back to study hall five minutes before the period ends. This makes the teacher angry. Lisa will lose her privilege of going to the washroom if she keeps taking advantage of the study hall teacher.

Every afternoon Lisa promises herself that things will be different. She takes her books to her desk and plans to study. But then the phone rings and she has to talk to her friends. Or someone comes by with plans to go to the mall or to a movie. There's always one more good show on TV to watch. Before long, it's bedtime and nothing is done for tomorrow. So Lisa lives her life pulling things together at the last minute. She wonders why there never seems to be enough time.

## ***WHY PEOPLE LACK SELF-DISCIPLINE***

There are many reasons why people lack self-discipline. Some people want everything instantly. They can't wait. If they see something new in a store, they

must have it that very day. They don't wait until they have enough money to afford it. Or they hear about a new show or movie and have to go see it that minute, even though they have too much work to do. It would make sense to wait until the weekend when they have more time. But people who lack self-discipline seem to be impatient.

People like Fred have trouble working toward long-term goals. Fred knows that he has to be under a certain weight at the beginning of football season. He knows that he needs to diet and work out in the summer. But he can't seem to get it together. He eats pizza and hot dogs all summer and then is disappointed when he is overweight and can't make the team.

People like "last-minute Lisa" seem to have no concept of time. They can't stay on a schedule. They can't budget their time to allow for homework and activities at school. Time is often wasted talking on the telephone or watching TV when they are behind on their work. Sometimes when they are several days behind on their assignments, they will go out to the mall and spend all afternoon and evening with their friends until the mall closes. This is done so they can avoid dealing with that stack of undone assignments.

Other people, like Randy, have poor impulse control. They do everything that comes into their heads. These are the undisciplined people who act out everything that other people only dream of doing. They seem to actualize (that is, act out) every single fantasy or dream. It doesn't occur to them NOT to ride a bicycle down the hallway at school. If they can think of it, they usually will do it.

Self-discipline doesn't mean that you never have any fun. People who are good planners and are self-disciplined have fun--maybe more fun than the others. Do you really think it's fun to be Fred, Lisa or Randy? Self-disciplined people do have more fun because they have more time for fun. By planning ahead, they make sure there is time for both work and play.

### ***WHAT HAPPENS WHEN YOU LACK SELF-DISCIPLINE***

People who lack self-discipline have a hard time meeting their goals. They are constantly behind because they set goals, then don't reach them. They're

frustrated and disappointed in themselves and try to blame others for their failures. Fred blames the football coach for his own failure to lose weight. Lisa blames her history teacher because she didn't get her homework done. Randy blames everybody. But deep down inside, people like Fred, Randy and Lisa often have a very low opinion of themselves. They know that they could do better, but often don't know how to begin.

People who lack self-discipline also make it hard on those around them. Others have to step in and supply the discipline they lack. So Lisa's teacher is always nagging her to finish her assignments and turn them in. Fred's coach keeps reminding him to lose weight and start working out. Everybody is constantly on Randy's case to keep him from doing such bizarre things.

Because a school is a community, everybody's behavior has an impact on everyone else. When one person is unreliable or undisciplined, others have to do his or her share of a project or activity. As you might guess, people like Fred, Lisa and Randy are the last persons to be chosen when it comes time to pick groups or teams for a project. "He won't come through" or "She never shows up until the last minute," their classmates say about Fred and Lisa. "He'll just do something crazy and spoil things for everybody," they say about Randy.

Before you act without self-discipline again, stop and ask yourself what your behavior does both to you and to the people around you. Wouldn't your life run more smoothly if you showed more self-discipline?

### ***WHAT YOU HAVE TO DO IN THE FUTURE***

Everybody knows that lacking self-discipline is a bad thing. It is important to find a way to develop more self-discipline. Try to figure out why you have been so undisciplined in the past so that you can change your approach in the future.

Try to discover why you do the things you do. Try to understand why you are the way you are. That's the first step toward self-discipline. Don't forget: if you don't discipline yourself, somebody will do it for you. Better you should run your own life than to have other people making decisions for you.

A person needs to work on making the right decisions for himself or herself. This means that you need to have some goals for yourself. The questions on the Response sheets that follow will help you to set these goals and see them through. Remember: you too can be more in control of your life!

# STUDENT RESPONSE PACKET # 13.1

## *LACK OF SELF-DISCIPLINE*

NAME \_\_\_\_\_

DATE \_\_\_\_\_

GRADE \_\_ HOMEROOM \_\_\_\_\_

### *WHAT TO DO*

Below are some questions about what you have read. These questions will help you learn why you get into trouble and how you can avoid getting into trouble in the future. Your teacher, a counselor, the principal, or your parents may read your answers. Your answers will not be graded.

Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, use good grammar, and write in complete sentences. If you don't understand what you are supposed to do, ask your detention supervisor.

When you finish, give the Learning Packet and your Response sheets to the detention supervisor and return to your desk. The supervisor will tell you when to leave.

1. You have failed to show self-discipline. Did you do what you shouldn't have done, or not do something that you should have done? Explain.
  
2. In what ways would you say that you lack self-discipline? Be honest!

3. Is it difficult for you to do things that you need to do? Is it hard for you to not do the things you shouldn't do? Explain.
  
4. You just read three stories about students who had problems with self-control. Describe Fred's problem.
  
5. What was Randy's problem?
  
6. Describe Lisa's problem.
  
7. Are others affected by your lack of self-discipline? Fred lets his team down by not being able to play. Who do you affect?
  
8. Write two goals that will help you to improve your self-discipline.

**STUDENT RESPONSE PACKET # 13.2**  
*LACK OF SELF-DISCIPLINE*

**NAME** \_\_\_\_\_

**DATE** \_\_\_\_\_

**GRADE** \_\_ **HOMEROOM** \_\_\_\_\_

*WHAT TO DO*

Below are some questions about what you have read. These questions will help you learn why you get into trouble and how you can avoid getting into trouble in the future. Your teacher, a counselor, the principal, or your parents may read your answers. Your answers are not graded.

Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, use good grammar, and write in complete sentences. If you don't understand what you are supposed to do, ask your detention supervisor.

When you finish, give the Learning Packet and your Response sheets to the detention supervisor and return to your desk. The supervisor will tell you when to leave.

1. You have failed in the area of self-discipline again. What happened this time?
  
  
  
  
  
  
  
  
  
  
2. People who are self-disciplined are often considered cooperative. Why?

3. Is there any connection between good self-discipline and being successful? Explain.
  
4. You've read three stories about people who failed to be self-disciplined. Write a goal that will help Fred.
  
5. Write a goal for Randy.
  
6. Write a goal for Lisa.
  
7. Last time you were here, you wrote two goals for yourself. Why didn't you reach them?

8. Write another goal for yourself. Remember why you didn't reach your goal the last time.