

# SELF-DISCIPLINE

*dis-ci-pline: training that perfects the mental faculties or moral character*

## Homework

- ✓ I hand in all homework on time and complete.
- ✓ I try my hardest and strive for excellence on each and every assignment.
- ✓ I call the teacher if I have any questions.
- ✓ I answer all questions in complete sentences.
- ✓ I show all my work on math problems.
- ✓ My completed homework is placed in class order in the “done” side of my folder.
- ✓ I am responsible to write down all assignments and bring home what I need to complete my homework.
- ✓ If absent, I obtain missed homework from my teacher, and hand it in the next day.

## Preparation

- ✓ I organize my school work each evening at home. I make sure to have blank college-ruled paper, graph paper, and 6 sharpened pencils in my pencil case each evening.
- ✓ My planner and any notes home are signed and placed in my folder each night.
- ✓ I arrive to school on time every day, in complete uniform. My shirt is always tucked in.
- ✓ I enter each class prepared with binder, books, homework folder and 6 sharpened pencils in my case.
- ✓ My desk and my personal space are neat and organized.
- ✓ My binders and homework folder are neat, organized and ready to be checked at any time.

## Academic Effort

- ✓ I really concentrate and listen carefully to the teacher and to classmates.
- ✓ I keep myself on-task and focused on learning, even when guests enter the room.
- ✓ I participate actively in class, and follow along carefully.
- ✓ I carry my pleasure reading books with me at all times, and I read as often as possible – both in school and at home, during weekdays and weekends. I am an avid reader!
- ✓ In every class, I push my mind and discipline myself to work as hard as possible.

## Behavior

- ✓ I treat others with kindness and courtesy. I look for ways to be extra nice to others.
- ✓ I use only respectful words (such as “please,” “may I,” and “thank you”), respectful tone and gestures.
- ✓ I sit in focus position when directed: sitting up straight, facing forward, feet on floor, hands folded on desk. I do not slouch or fidget or play with belongings. I do not get out of my seat without permission.
- ✓ I raise my hand to speak, I do not call out. If not called on, I do not complain, whine or show attitude.
- ✓ I follow teacher directions right away and all the way.
- ✓ I do not disrupt learning by mumbling, shuffling, tapping, humming, laughing, complaining, or whining.
- ✓ I act respectfully if another student is reprimanded; I do not laugh or become involved.
- ✓ If I earn a demerit, I show proper behavior immediately.
- ✓ I follow our Community Rules and I exemplify our Core Values.
- ✓ I am the leader of my own life. I do the right thing because it’s the right thing. I do not allow myself to become distracted or involved if a fellow student is misbehaving.