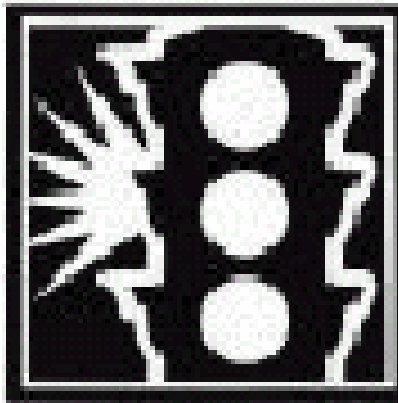


Habits of Mind



Managing Impulsivity

Students' Resource

HABITS OF MIND

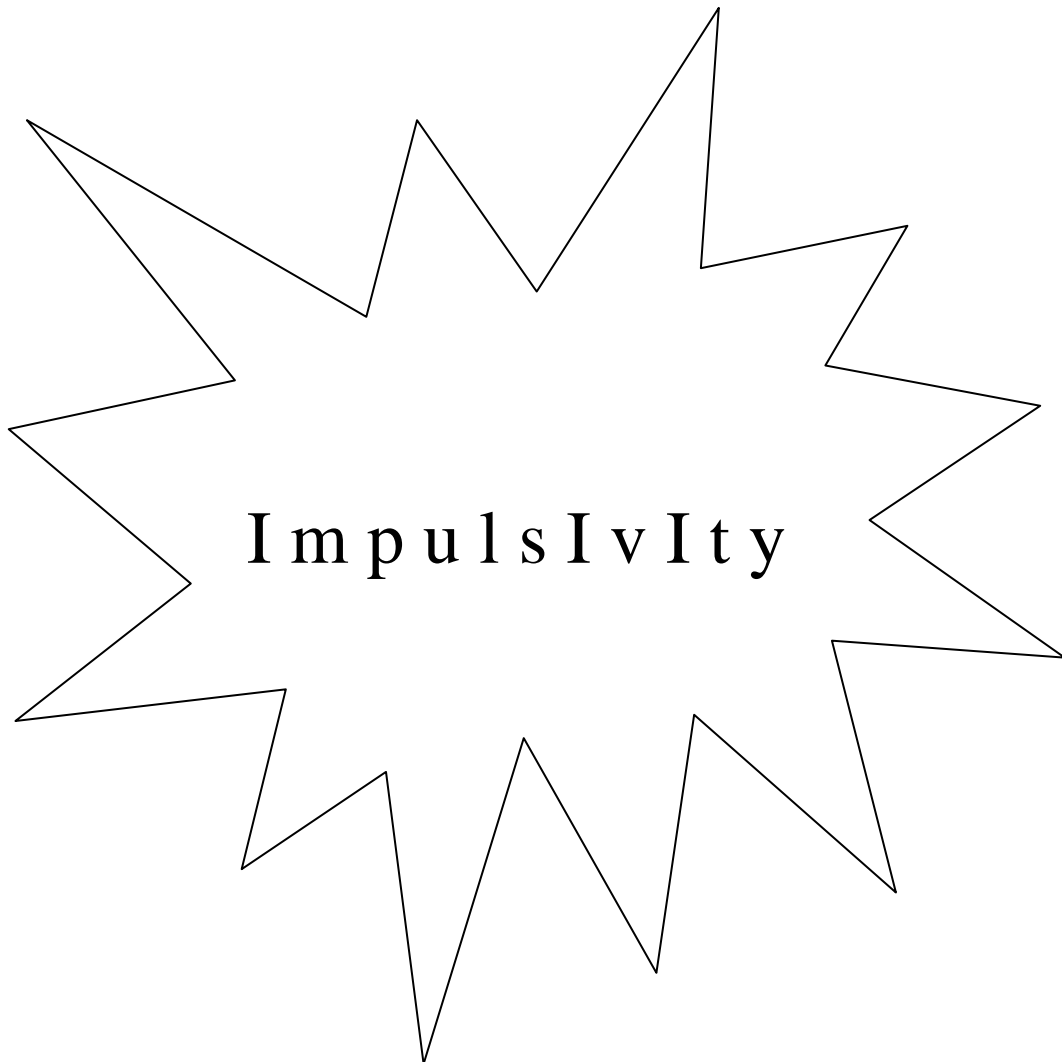
MANAGING YOUR IMPULSIVITY

(Think before you act)

Notes to the Pupil

(This page to be photocopied for each pupil)

Have you ever done something which you later regretted doing? Do you have so many pairs of shoes or so many school bags that you hardly use them? Have you ever done a piece of homework which was not required by your teacher because you did not read her instructions? Have you ever got comments by the teacher in your English Language composition that says "Irrelevant to topic"? If you have experienced one or several of the above, then you are a victim of...



What does Managing Your Impulsivity mean? What does it look like? How does it sound like?

Managing your impulsivity simply means that you *think before you act*. For example, if you already have several pairs of shoes for various occasions (for going out with friends or for sports); you may not be tempted into buying another pair if you thought carefully to yourself if you really needed another pair. You may have thought to yourself, "I already have 3 pairs of shoes. If I don't buy this one which really looks nice though, maybe the money saved can be spent on something else which may be more necessary to me."

Your parents may have shown how they managed their impulsivity when planning for holidays. You may have heard them discuss about budget, places of interest, the distance to travel and the number of days they have for holidays. Or when you teacher asks the class a question and does not immediately get a pupil to answer the question, you teacher is allowing for "wait time", so that pupils will be able to think about their response before answering the question.

Think of other words, either on your own or with your friends, which also mean the same as managing your impulsivity. One such example is "Look before you leap". Find out more!

Think One

Pupil's Name >>>

Think about it...

MAYBE

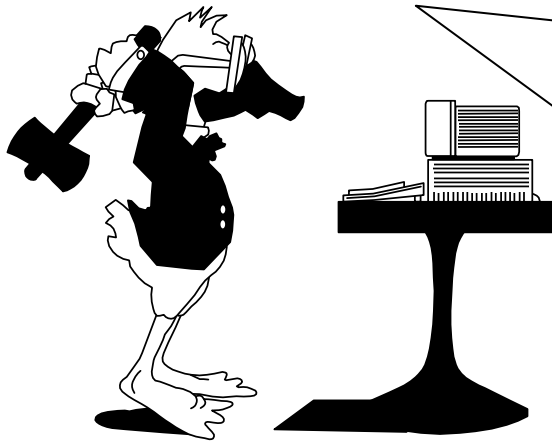
Are there circumstances or situations when you just have to act instinctively? Your thoughts, please?

NO

YES

Think Two.

Pupil's name >>>



When I have been too impulsive and unthinking...and what happened because of it.



Those times when I was able to think about my reactions to situations...and how the situations turned out.

SECTION 4

Thinking Behaviors Performance Checklist

Managing Impulsivity (Think Before You Act)

To be photocopied for each pupil

Managing Impulsivity Observable Indicators		Often	Sometimes	Not yet
What it looks like:	Listens to instructions			
	Sets goals			
	"Thinking" body language while doing an assignment			
	Gathers necessary materials and information before beginning projects or assignments			
	Reflects on an answer prior to giving it. Takes time to think			
What is sounds like:	Asks for clarification : "Do we have to complete assignment A?"			
	Shows fore-thought: "I need to check with my English teacher first before I can confirm with you..."			
	Explores alternatives : " I have 3 possible choices here but 2 of them are not practical..."			
	Phrases directions: "So, Miss Tan, what you meant was that the class need to inform you by Monday."			
Notes				

How impulsive R U? Take this test to find out!!

(Tongue-in-cheek, well...sort of)

No	Statement
1	You go to Street 11, see a pair of really gorgeous shoes. a) Buy the shoes immediately. b) Think about the shoes you already own and then make a decision. c) You don't feel any urge to even give the shoes a second look.
2	A friend calls and asks you to come over to Jurong Point. You... a) Say 'Yes' immediately and rush out of the house b) Say you will go but in an hour's time as you are just finishing your Math homework. c) Ask 'What is Jurong Point?'
3	How many school bags do you own? a) 3-5 b) 1-2 c) None, as you see no need to carry books to school.
4	You make 10 New Year resolutions after you read about celebrities' making resolutions. As of now you have broken a) All of them b) 5 of them c) none of them
5	Your teacher asks you a question. a) You say whatever that enters your mind. b) You think for about 3-4 seconds before answering your teacher. c) Pretend you were suddenly possessed by an unknown spirit.
6	The exams are near and you know you need to revise your work. a) You pick up the first text that you see on your table b) You start to plan your revision for the next 3 weeks. c) Exams are a waste of time as they don't test your fantastic skills you display with a Play Station 2.
7	You are happily chatting on IRC with your classmates. Suddenly, an unknown nick asks for your handphone number and address. a) Give immediately and asks to meet up. b) Say 'no' but continue to chat in a friendly manner. c) What's IRC?

8	<p>When the chime goes to signal the end of the school day, you intend to go home.</p> <p>a) Somehow you ended up in West Mall just aimlessly window shopping.</p> <p>b) You reached home as you intended.</p> <p>c) You find yourself behind bars in Changi Prison, and sharing your cell is the 'nick' you met in (7) above.</p>
9	<p>Your best friend unintentionally says something that offended you.</p> <p>a) You break up the friendship you two have shared since Primary 1.</p> <p>b) You feel yourself getting angry but you tell yourself that your friend did not offend you on purpose.</p> <p>c) You don't have a friend with the exception of your cell mate in (8) above.</p>
10.	<p>The weekend is here.</p> <p>a) You don't have an idea how you are going to spend it but somehow you feel that you need to get out of the house.</p> <p>b) You plan to complete your revision on Saturday and spend time with your family on Sunday.</p> <p>c) You stand at the school gate and wonder why the gates are closed.</p>
11	<p>You take up tae-kwon-do because</p> <p>a) You just love the macho uniforms</p> <p>b) You enjoy the mental and physical discipline of the sport</p> <p>c) You can <i>hoot</i> people</p>
12	<p>You are at the 'eat all you can' buffet.</p> <p>a) Eat all you can and more</p> <p>b) Take a little at a time</p> <p>c) Eat all you can and asks the waitress to give you a bag to carry some home.</p>
13	<p>How many ring tones have you used over the last 4 weeks?</p> <p>a) 4</p> <p>b) 1-2</p> <p>c) Singtel, M1, Starhub have all banned me from using a hand phone.</p>

Your Score and what it says about your behavior!!

Mostly (a) category: You are like a crumpled piece of paper in a monsoon drain after the rain, being carried out to sea.

Mostly (b) Category: You are really good at 'managing your impulsivity', which shows an intelligent, thoughtful person that you are.

Mostly (c) Category: You are either a dead vegetable or a danger to society.