

Student Tips

Selecting our situations- we can consciously choose to be in places or with people that make it easier to demonstrate self-control.

- Studying in the library rather than at home to avoid distraction
- Spending time with more self-controlled (vs. more impulsive) classmates
- Joining a sports team with a strict and demanding coach
- Choosing a route to walk home which bypasses the mall or other venues that trigger impulsive behaviors

Changing our situations – We can change our situations to make it easier to show self-control.

- Sitting closer to the teacher and/or farther from more talkative students
- Placing cell phone out of reach or out of sight (e.g., in a desk drawer)
- Taking batteries out of the television remote control
- Choosing due dates for projects that evenly space work over time
- Turning off wireless connection if using laptop in class
- Using an app that limits use of Internet or blocks tempting sites

Choosing where we put our attention- If we can't choose a different situation or change the situation, we might be able to be smart about where we put our attention.

- Tracking the speaker (i.e., looking directly at the teacher or the student who is speaking)
- Counting backwards from 100 during heated conflicts (e.g., after getting pushed on the playground or in the hallway)
- Imagining the aftermath (e.g., after school detention) of indulging in temptation (e.g., texting in class)

Changing how we think – we can also work on how we think about situations

- Understanding that mistakes can be used as information and are not criticism
- Breaking a large, seemingly insurmountable project into smaller, more feasible chunks