

Habits of Mind



Managing Impulsivity

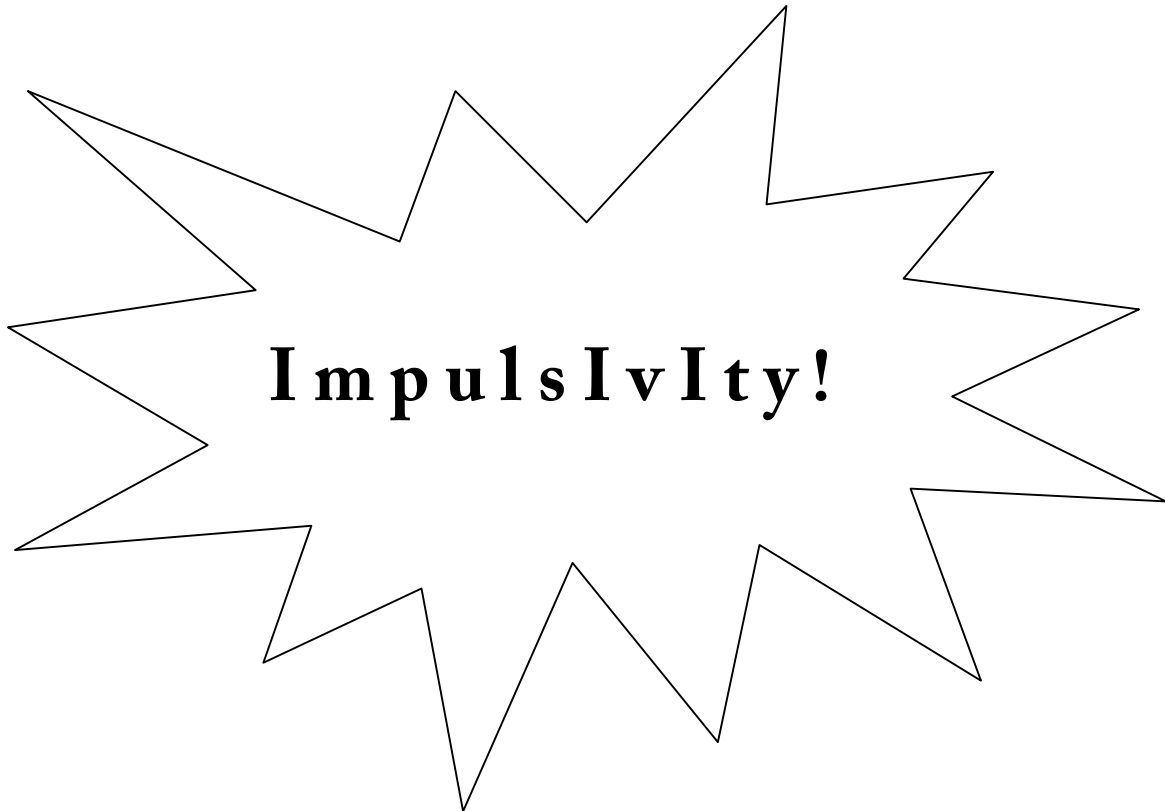
Students' Resource

HABITS OF MIND

MANAGING YOUR IMPULSIVITY (Think before you act)

Notes to the 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



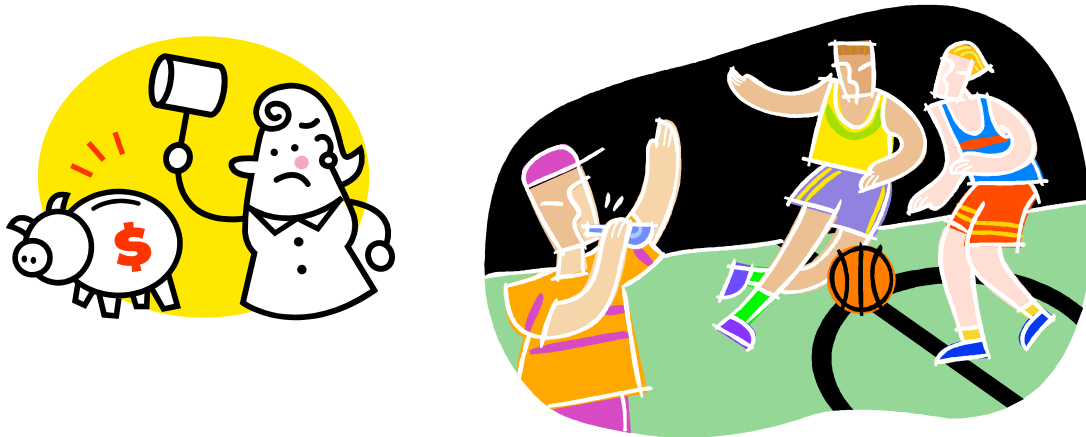
What does Managing Your Impulsivity mean? What does it look like? How does it sound like?

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 your teacher asks the class a question and does not immediately get a pupil to answer the question, your teacher is allowing for "wait time", so that pupils will be able to think about their responses 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...

MAYB
_

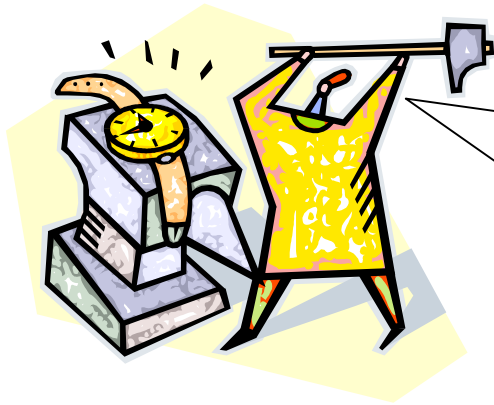
Are there circumstances or situations when you just have to act instinctively? Your thoughts, please?

NO

YES

Think Two

Pupil's Name >>> _____



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

An occasion when I was able to think about my reactions to a situation... and how the situation turned out.



**TEEN
CONFIDENTIAL**

Life can get overwhelming sometimes. But you do not have to suffer in silence. Write to Teen Confidential, and you will get trained counsellors to help you through your problem. E-mail your letters to stgeny@sph.com.sg

Net pal made me give him nude photos

Q *Two years ago, I got to know an overseas guy through ICQ (I Seek You) on the Internet.*

I wanted to know more about foreign cultures so we became friends.

Then he started saying he had feelings for me and we began to chat more often. After a year, we were deeply into a relationship.

That was when he began to ask me to send him nude pictures of myself. But when I refused, he got angry and said I did not love him enough. This being the first time I had ever felt anything for someone, I hesitantly agreed.

Later, he asked for more photos, but when I refused, he threatened to send the earlier pictures to my family.

But he then stopped harassing me for a while.

Recently, I started chatting with someone else online. He asked for my details, such as where I work, and I accidentally told him. He then said he is a policeman and that he is a friend of that jerk.

He claims to have seen my nude pictures, and said that if I ignored him, he would send them to my workplace, which would get me sacked.

He has threatened to contact the police in Singapore and charge me with the crime.

I have not logged on to ICQ and have even sworn to myself that I will never do it again if the whole thing blows over.

What should I do?

Depressed

Reproduced from The Straits Times

A *I am sorry you had to discover for yourself the many dangerous liaisons lurking on the Net.*

And yes, intimidation and manipulation can come in many forms and do not necessarily have to be in the physical presence of the person.

Sometimes, the highways of the Net allow many deviant hitchhikers to use it as a means to take advantage of vulnerable travellers. Many young people have been robbed of their ability to trust other people.

I sense you feel cheated and betrayed, which is normal. And your promise to never do it again sounds like a sensible move.

Here are some options to consider:

- *Confide in your family, who would probably be upset at first, but may rally in support of your present plight.*
- *Alert the authorities - the police for example, and lodge an official complaint of the incident.*
- *Do not readily or willingly give out personal information or pictures to anyone on the Net. Surely, you would not give these to a stranger on the street?*

Thinking Behaviours Performance Checklist
Managing Impulsivity (Think Before You Act)
To be printed 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				

Adapted from Tahoma School District, Thinking Behaviours Performance Checklist by Nancy Skeritt

How Impulsive are you? 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 JUPONG POINT. YOU A) SAY <input type="checkbox"/> YES <input type="checkbox"/> IMMEDIATELY AND PUSH 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 <input type="checkbox"/> WHAT IS JUPONG POINT? <input type="checkbox"/>
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 ACHIEVED 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 PERSON ASKS FOR YOUR HANDPHONE NUMBER AND ADDRESSES. A) GIVE IMMEDIATELY AND ASKS TO MEET UP. B) SAY <input type="checkbox"/> NO <input type="checkbox"/> BUT CONTINUE TO CHAT IN A FRIENDLY MANNER. C) WHAT'S IRC?

58	<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 ENDED UP CHATTING WITH FRIENDS AT THE VOID DECK TILL DINNER TIME.</p>
59	<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.</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 BEAT PEOPLE UP IF YOU ARE NOT HAPPY WITH THEM.</p>
12	<p>YOU ARE AT THE <input type="checkbox"/> EAT ALL YOU CAN <input type="checkbox"/> BUFFET. YOU <input type="checkbox"/></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 HIDE SOME FOOD IN YOUR BAG TO BRING HOME.</p>
13	<p>HOW MANY PING PONGS HAVE YOU USED OVER THE LAST 4 WEEKS?</p> <p>A) 4</p> <p>B) 1-2</p> <p>C) SINGTEL, M1, STARBUCKS HAVE ALL BANNED ME FROM USING A HAND PHONE.</p>

Your Score and what it says about your behaviour!!

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.

