



NOTE TO SELF

Self-management skills include anger management and impulse control, as well as a list of other areas of personal responsibility. We have outlined several additional skills that students need to develop. Read through these skills and identify opportunities to teach this skill in your classroom.

SKILL	DEFINITION	IDEAS FOR TEACHING
Organization	The ability to plan, prioritize, complete important tasks and activities, and keep your space and belongings in order	
Goal setting	The ability to identify what you want to accomplish in a clear way; these goals are achievable and specific	
Time management	The ability to prioritize important tasks and maintain a focus on completing those tasks; it includes the ability to establish deadlines and monitor the completion of your responsibilities	

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SKILL	DEFINITION	IDEAS FOR TEACHING
Self-motivation	The ability to take initiative and the desire to succeed; rather than relying on external forces, there is an internal recognition of a task well done	
Stress management	The ability to manage pressure, deadlines, and thoughts that might detract from the successful completion of tasks and assignments	
Delaying gratification	The ability to control impulses and delay satisfaction or the reward for completing a task or activity	

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