

### LESSON GOAL

Identify and demonstrate decision making responsibility and the need for impulse control.

### ESSENTIAL QUESTION

How can I recognize and control impulsive decision making?

### INTEGRATING TECHNOLOGY

#### ANNOUNCEMENT

- Check Announcements for any information about assignments and due dates.

#### MY PORTFOLIO

- Submit work to My Portfolio.

#### MY WORKSPACE

- Prepare your assignments in My Workspace.

#### LESSONS

- Review the lesson.
- Complete assignment.
- Submit assignment.

#### ASSIGNMENTS

- Use Assignments to submit your artifacts and reflections.

#### GRADEBOOK

- Check Gradebook for your lesson evaluation.

#### SCHEDULE

- Check schedule for assignments and due dates.

#### COMMUNICATE

with your teacher or other students if desired

- Blogger
- Chat Room
- Drop box
- Mailtool

1-2 class periods

### LESSON OVERVIEW

How important is your decision making? Do you stop and think about the consequences of your actions, or do you tend to be impulsive? Are you the grasshopper that played all summer (impulsive, do what you want in the moment, suffer the consequences later) or the ant that works hard a little everyday to build up for later on (logical, sees the big picture, makes well thought out decisions)? Perhaps you are a little of both. At school and work, it is important to utilize impulse control and make professional and helpful decisions. This lesson will give you a chance to deconstruct and reflect on how you make decisions, and help you to avoid unnecessary consequences of impulsive choices.

### STUDENT EXPECTATIONS

1. Participate in discussions about decision making and impulse control.
2. Reflect and write about one's decision making process and decision making history.
3. Identify impulsive behavior, possible consequences, and strategies to control impulses.
4. Write a reflection about decision making and impulse control.

There are three assignments in this lesson that ask you to describe and reflect on your decision making patterns and strategies.

### Here are the ways you can succeed in this lesson

1. Take initiative in discussion about the importance of impulse control.
2. Work creatively and thoughtfully to create a comprehensive timeline that identifies 8-10 decisions, and write a careful analysis of decision making patterns.
3. Compile a thorough list of 10 areas where impulse control is needed at site.
4. Thoughtfully reflect on the importance of impulse control.



## ASSIGNMENT 1

In class you should have participated in discussions that draw upon your experience regarding decision making and impulse control. Think back to decisions you have already made. Use these memories to construct a timeline of significant (to you) decisions that you made. These decisions might have resulted in positive, neutral, or negative consequences.

1. Plot at least 10 decisions and their consequences on a chronological timeline.
2. Your timeline can span your whole life or just within the past month, whichever style works best for you to reflect on your

decision making history.

- Look at your timeline; search out patterns and possible areas of attention where your decisions worked out positively or negatively. Draw conclusions about certain patterns or revelations about your past decision making and infer implications for the future of your decision making/impulse control at site.
  - Write a summary of your decision making experience as reflected in your timeline.
- Use the *Sakai* Assignments Tool to submit your chart for evaluation.



### ASSIGNMENT 2

In class you should have participated in discussions that draw upon your experience at site regarding decision making and impulse control. You should also have analyzed your decision making patterns. Then you filled out the *Impulse Control Situations* and identified positive and negative consequences. Now fill out your *Personal Impulse Control Plan*. Follow these steps.

- Use your responses to the *Impulse Control Situations* to identify 10 possible problem areas for you and fill those into the first column on the *Plan*.
- In the second column, fill in possible consequences of poor/rash/impulsive decisions.
- In the third column, fill in possible strategies to help you avoid dealing with those negative and unwanted consequences. You might want to think about what you might say to yourself or others, a good alternative, or something you have done in the past that has worked well for you.

Use the *Sakai* Assignments Tool to submit your chart for evaluation.



### ASSIGNMENT 3

Thinking over all of the assignments and discussions about decision making and impulse control from class, write a reflection that records, describes, and explains three items you feel are the most important to remember about impulse control.

Use the *Sakai* Assignments Tool to submit your reflection for evaluation.

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.						
Weighted Score	Category	Exceeding 9-10 Points	Meeting 6-8 Points	Approaching 3-5 Points	Emerging 0-2 Points	Total
3	<b>ASSIGNMENT 1</b> <b>Timeline</b> Identify and record on a timeline of significant decisions and their consequences over the period of your life.	Worked creatively and thoughtfully to create a comprehensive timeline that identifies 8-10 decisions and wrote a careful analysis of decision-making patterns.	Created a comprehensive timeline that identifies 7-9 decisions and summarized decision making patterns.	Created a timeline that identifies 4-6 decisions and wrote a summary of it.	Created a timeline that identifies 1-2 decisions and made a minimal effort to summarize it.	
4	<b>ASSIGNMENT 2</b> <b>Impulse Control</b> Identify and describe 10 opportunities for impulse control.	Compiled a thorough list of 10 areas where impulse control is needed.	Compiled a list of 10 areas where impulse control is needed.	Compiled a list of 6-9 areas where impulse control is needed.	Compiled a list of 2-5 areas where impulse control is needed.	
2	<b>ASSIGNMENT 3</b> <b>Reflection</b> Demonstrate understanding of impulse control.	Thoughtfully reflected on the importance of impulse control.	Completed the reflection and demonstrated understanding of impulse control.	Made an attempt to complete the reflection that demonstrates understanding of impulse control.	Did not complete the reflection or demonstrate understanding of impulse control.	