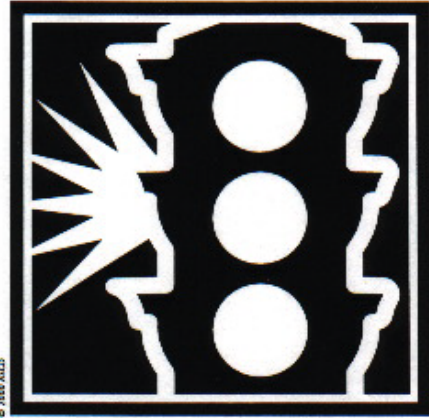


# Managing Impulsivity

Take your time



- **Think before you act**
- **Imagine how you are going to get to a goal before starting**
- **Try to make sure you really understand the directions and have a good strategy for solving the problem before starting.**
- **Don't make instant judgments about an idea despite your own personal views**
- **Consider alternatives and consequences before beginning**
- **Take time to reflect on an answer before giving it**
- **Listen to other points of view**

- 
- 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**

**Impulsivity!**

