



Key concepts

WHAT IS ... ?

METHOD

A method, a particular procedure for accomplishing or approaching something, especially a systematic or established one; a systematic procedure, technique, or mode of inquiry employed by or proper to a particular discipline or art; a systematic plan followed in presenting material for instruction; a way, technique, or process of or for doing something; a body of skills or techniques.

In education a method is a set of techniques or procedures that are used systematically with the aim of reaching efficient teaching and learning. A method is often based upon the premises of an approach (es). (The audio lingual method is an example of teaching method; it is based on the premises of behaviorism.)

HABIT

A habit is a settled tendency or usual manner of behaviour her habit of taking a morning walk; an acquired mode of behaviour that has become nearly or completely involuntary; a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance.

SUCCESS

A success is the accomplishment of an aim or purpose; the achievement of something that you have been trying to do; the achieving of the results wanted or hoped for; the favorable or prosperous termination of attempts or endeavors; the accomplishment of one's goals; a degree or measure of succeeding; a favorable or desired outcome.

WHAT ARE THE 12 HABITS?

- 1. **Confidence** - Italy
- 2. **Organization and order** - 119 Secondary BUL
- 3. **Resolve** - AEGMMaia
- 4. **Generosity** - Sophia MB POR
- 5. **Passion** - Romania
- 6. **Honesty** - Brussels BEL
- 7. **Equity** – Sophia MB POR
- 8. **Respect** - Italy
- 9. **Integrity** - Brussels BEL
- 10. **Self-Control** - 119 Secondary BU

- 11. **Patience** - [AEGM Maia](#)
- 12. **Empathy** - [Romania](#)

Why are these 12 habits for success so important in our school?

Methodology book

Definition of Habit

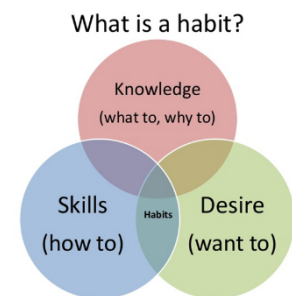
A habit is a **behaviour** that is repeated regularly.

This behaviour can be an action, a routine, or a lifestyle.

When looking at a habit definition, we came across a more technical explanation of it from the Meriam-Webster Dictionary:

“A behaviour pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance.”

From this definition, we can interpret that a habit is a behavioural pattern that can be developed through frequent repetition. Additionally, we can utilize habit formation to improve our performance for the behavioral pattern we are repeating.



Another definition of a habit comes from MacMillan Dictionary:

“Something that you do often or regularly, often without thinking about it.”

This definition is slightly different from the Meriam-Webster Dictionary definition. It includes an added idea of internalizing the behavioral pattern, such that you can do it without any conscious thought.

If we pieced together the various definitions of a habit from different dictionaries on the Internet, we can get a more thorough definition. So, a habit is a behavioral pattern that we repeat often, or in regular intervals, such that the repetition serves to improve our ability and familiarity with the behavioral pattern. Eventually, after a certain amount of repetition, we might be displaying the behavioral pattern without any conscious thought about it.

Forming A Habit

Knowing the definition of a habit can help us understand the intended objectives of habit formation. It also provides us with a good reason to curate our daily habits for optimal performance towards our goals.

When forming a habit, we need to identify three things:

- Trigger
- Routine
- Outcome

Using the above three aspects of forming a habit, you can devise a plan to change your habit.

If you are looking to change your habit, you must consider the trigger, routine and outcome of the habit.

Ask yourself why you want to change the habit, is it for a new outcome? Or, is the current outcome not being achieved by the routine? You want to trigger the habit in a new or different way?

<https://edugage.com/what-is-a-habit-definition-facts-guide/>

<https://www.youtube.com/watch?v=5wdLITS4hzY> - (video explanation - students)

Definition of Patience

Webster's dictionary defines patience as: the **capacity, habit**, or fact of being patient; to endure what is difficult or disagreeable without complaining.

Patience is defined as the the quality of being patient, as the **bearing of provocation**, annoyance, misfortune, or pain, **without complaint**, loss of temper, irritation, or the like.

If you have patience, you are able to stay calm and not get annoyed, for example when something takes a long time, or when someone is not doing what you want them to do.

- tolerant and even-tempered perseverance
- the capacity for calmly enduring pain, trying situations, etc
- the state, quality, or fact of being patient; *specific.*,
- the will or ability to wait or endure without complaint
- steadiness, endurance, or perseverance in the performance of a task

<https://www.collinsdictionary.com/> 5/12/2019

Patience can be thought of as being zen, and being unaffected by the crazy world around us. When we are impatient, or not completely in control of our lives, we can get distraught, distracted and discouraged.

HOW CAN WE LEARN TO BE PATIENT?

Melbourne-based clinical psychologist Dr Lillian Nejad says while we are not born with patience (this is clear when you see a baby screaming for food when hungry), it is a skill that can be learned over time, to enable us to adapt to our environment.

Strengthening your patience skill requires practice, she says, and you can start by monitoring your impatient thoughts, feelings and behaviours.

Patience is a virtue and a skill which can unlock great benefits in your life. By working on patience and looking to become more patient, you will create many favorable situations for yourself. In this post, you'll learn about the benefits of being patient, the importance of patience, and ways you can be more patient in life.

WHY IS IT IMPORTANT FOR US TO LEARN PATIENCE?

By being patient, we can stay calm, cool and collected, and keep on the path to achieving our goals and getting on to our dream life.

Practicing patience will help you dissipate stress and give you a choice about how you respond to disappointment and frustration. When you can stay calm, centered, and not act rashly out of frustration, all areas of your life will improve.

What are the Benefits of Being Patient?

Some of these benefits of practicing patience include:

- Helping you focus on longer term outcomes and goals, rather than short term pleasure
- Helping you with making good choices, rather than making impulsive decision
- Forcing you to show empathy and kindness towards others
- By being patient, you will become a more peaceful, empathetic and kind human over time, and also, with a clearer mind, you can start to make better and rational decisions.

- Being patient involves slowing down, understanding where others are coming from, and making a rational plan.

The 7 ways to be more patient are as follows:

1. Slow Down
2. Breathe
3. Focus on What's Important
4. Communicate Your Thoughts with Others and Yourself
5. Use Affirmations to Get in the Right Mindset
6. Understand Time Can Heal
7. Be Mindful of Your Progress and Current Situation

<https://www.themastermindwithin.com/importance-of-patience-in-life/>

OCTOBER 1, 2019 [PERSONAL DEVELOPMENT AND LIFESTYLE](#), [PERSONAL GROWTH](#),

ESTÁ IMPECÁVEL! MUITO ORGANIZADO E CLARO!

Definition of Resolve

Webster's dictionary defines resolve as: the fixity of **purpose** ; a legal or official **determination**; a resolution or determination made, as to follow some course of **action**; firmness of purpose or intent; determination in **finding a solution**; a firm determination to do something; formal strong determination to succeed in doing something; the trait of being **resolute** according to the vocabulary.com.

Online Resources

Student's activity book

II. A developing programme for children from **6 to 18 years old - "I can"**

Online Resources