Personal Responsibility and Academic Integrity

CHOICES

We don’t have control over many things…other peoples’ actions words, & choices

We DO have control over OURSELVES

1. We have control over our ATTITUDE (we have 2 choices)
   Get angry and get in a bad mood about the world and everybody in it.
   Blame others and be negative.
   OR
   Get over it, accept it, be happy you survived it and got passed it.
   Make every effort to learn from it and prevent it from happening again.

2. We have control over our WORDS
   We choose the words that come out of our mouths. We can control what we say, to whom and the tone we use to deliver the message.

3. We have control over our BEHAVIORS and ACTIONS
   We get what we give and reap what we sow...
   1. We eat well...we usually stay healthier
   2. We put time in friendships...they usually blossom
   3. We work hard in sports...we improve our skills
   4. We work hard in school...our grades improve
   5. We listen to our parents...we get into less trouble

4. We have control over our CHOICES
   1. We need to take responsibility over our choices
   2. Self-Control: being in control of yourself
      No more..."I had to because...she made me...I wouldn't have done it if he...it was her fault...I don't know"...
I didn’t get caught…so I must have not done anything wrong!

Will you get caught? **YES**

Either by another person (your parent, teacher, friend, etc.) **OR** by your conscience!

You *can’t fool* yourself
You are *always* looking at yourself in the mirror
You *can’t escape* your thoughts
You will remember and know you took the easy way out or just gave up
Some people are pretty slick and can fall through the cracks…but you can never hide from yourself

**Taking the Easy Way OUT**

Excuses we tell ourselves...negative thoughts that roam around in our heads...

<table>
<thead>
<tr>
<th>I can't do it</th>
<th>It's Boring</th>
<th>It's too hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don't like the class</td>
<td>I don't like the teacher</td>
<td>I'm too busy</td>
</tr>
<tr>
<td>Passing is enough</td>
<td>This won't help me</td>
<td>I'm not strong enough</td>
</tr>
</tbody>
</table>

I’m not pretty enough...tall enough...smart enough...good enough...

**When Speaking of Academics...Taking the Easy Way out looks like...**

* texting answers
* numerous copies of homework on computers and changing fonts
* talking to friends before and after classes on tests days
* sharing answers and copying papers
* arranging the test ever so perfectly on the desk while taking it...
* plagiarizing (cut, copy and paste)

So, sometimes we just get by...

You will only go as far as you think and believe you can.

**If you think you can’t do it...YOU ARE ABSOLUTELY RIGHT...and you won’t.**

**If you think you can do it...YOU ARE ABSOLUTELY RIGHT...and will figure out a way to make it happen☺**
People of Excellence and Integrity Don’t Just Get By!

They go the extra mile to do what’s right.
They keep their word even when it’s difficult.
They give their employers a full day of work.
They don’t come in late and leave early.
They don’t call in sick when they aren’t sick.
They put in their best effort at school.
They smile when they don’t have to.
They include others when they don’t need to.
They help others when they might not want to.
They keep persevering when it gets difficult.
They work hard when they don’t want to.

Doing the Right Thing is Always the Right Thing to do!

When you own an excellent spirit...

It shows in the quality of your schoolwork.
It shows in the cleanliness of your room.
It shows in how you present yourself to others.
It shows in the attitude in which you live your life.
It shows with the look on your face.
It shows in the tone of your voice.

It shows because you give your best effort in everything you do...with every choice you make...every time you make them.

What can you do???

Participate in Class
Raise your Hand
Ask Questions
Do Your Homework...ALL of it
Fill in Your Agenda or Calendar
Prepare for Tests
Ask for Help
Check your Grades Online
Be Prepared

If you are Absent...Get the Work you missed

You are in CONTROL of your own learning...
DON’T GIVE UP
PUT IN EFFORT
KEEP YOUR EYE ON YOUR GOAL AND DREAM