

# 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 your**self**  
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...

I can't do it

It's Boring

It's too hard

I don't like the class

I don't like the teacher

I'm too busy

Passing is enough

This won't help me

I'm not strong enough

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**

