

EXCELLENCE
ACADEMY

SELF DISCIPLINE

Question

Is it ok to steal from someone rich if it helps your family?



definition 1:

training of the body or mind to bring about good performance and good behavior.

The army uses various methods of discipline to prepare soldiers.

Their teacher believes in discipline and will not accept bad behavior in her class.

synonyms: drill, training

similar words: exercise, practice, routine

definition 2:

control or determination brought about by training; self-control.

He writes well, but he doesn't have enough discipline to finish anything he starts.

Alicia wants to be healthier, but she says it takes a lot of discipline to stay away from snacks.

similar words: regulation

Self-discipline is about **making the right choices** when faced with temptation to do the wrong thing.

Example



Maria has 3 pages of writing homework to do for school. She wants to get better at writing but has rushed the homework to finish in time to watch some TV.

Maria decides to go back to her homework instead of watching TV to make it great. After doing that, she puts the TV on and can enjoy watching it without worrying about her work.

Why is self-discipline important?

Self-discipline **allows you to stay focused on your goals.**

It enables you to stay in control of yourself and of your reaction to any situation.

Self-discipline is key to being successful at school and in all learning

It helps you have strong relationships with others; people trust people with self-discipline

Self-discipline is like a muscle: the more you train it, the stronger you become.



DO IT FOR FUTURE YOU!

**SET A GOAL FOR YOURSELF THIS WEEK IN AN AREA YOU
THINK YOU REQUIRE MORE SELF DISCIPLINE.**

WRITE THIS INTO YOUR ROA, WE WILL BE DISCUSSING THESE NEXT WEEK.

WHAT'S ON IN WOLVERHAMPTON



Tim Peake: Astronauts – The Quest To Explore Space

29 Sep 2025



RAF WOLVERHAMPTON TOWN SHOW

JOIN US ON 26TH - 27TH SEPTEMBER
AT THE CITY OF WOLVERHAMPTON COLLEGE

 **ROYAL
AIR FORCE**
REGULAR & RESERVE

**FIND
YOUR
FORCE**

EXCELLENCE ACADEMY HEADS OF YEAR

**DEADLINE FOR EA HEAD OF YEAR APPLICATIONS
IS TOMORROW AT 6PM.**

DATES FOR YOUR RECORD OF ACHIEVEMENT

YEAR 7

Academic:

Discovery Day - Wild
Creations
17th September
P1-P4.

Independent:

My Future - Planner
23rd September
3:05-4:00pm
Room 325.

Enrichment:

Career Guidance Meeting.
14th October
Evening Online Meeting
Times to be confirmed
individually.

YEAR 8

Academic:

What makes bread rise?
22nd September
3:05-4:30pm
Room 313

Independent:

Biomimicry Project
Monday 8th September
3:05-4:15pm
Room 325

Enrichment:

Power Station Visit.
14th October
Evening Online Meeting
Times to be confirmed
individually.

YEAR 9

Academic:

How to study for GCSE's
session.
15th September
3:05-4:30pm
Room 313

Independent:

Individual Career Research
18th September
3:05-4:00pm
Room 325.

Enrichment:

Career Guidance Meeting.
7th October
Evening Online Meeting
Times to be confirmed
individually.

YEAR 10

Academic:

Machine Learning
11th September
3:05-4:30pm
Room 325

Independent:

Built Environment
Wednesday 10th September
3:05-4:30pm
Room 313

Enrichment:

Do It 4 You Challenge.
24th September
3:05-4:00pm
Room 325

YEAR 11

Academic:

Intervention
Monday-Thursday
3:05-4:00pm
Rooms as Timetabled.

Independent:

Develop a revision
schedule.
25th September
3:05-4:00pm
Room 325

Enrichment:

Do It 4 You Challenge.
24th September
3:05-4:00pm
Room 325