

SSE Group 4

Self Regulation

Lesson: Self-Regulation.

Value: Right-conduct

Sub-Value: Truth, Love, Peace.

Initiating the lesson: - 3 Aums

Silent Sitting: Jyoti Meditation

What is Self-Regulation (Adapted from : <http://wymancer.org/the-art-of-self-regulation/>)

Self-regulation- defined as the ability to develop, implement and flexibly maintain planned behavior in order to achieve one's goals- is a panacea for failure in many areas of life. According to the foundational work of researchers, Kanfer, Miller and Brown, there are seven steps which must happen for behavioral self-regulation to occur:

- **Receive** relevant information.
- **Evaluate** the information and compare it to norms. An important tenet of youth development is allowing teens to think through decisions for themselves. Having autonomy to dwell on the implications of various actions is a critical building block that can be nurtured by practitioners. You can build this type of time into your programming by making sure you always evaluate the consequences to each action together.
- **Trigger** change. What are some ways the change could be implemented?
- **Search** for options.
- **Formulate** a plan. The plan should be simple and achievable. It is important that the plan be led by the child.
- **Implement** the plan.
- **Assess** the plan's effectiveness (Revisit steps 1 and 2)

Questionnaire on Self-Regulation²⁸

This is a 13-item questionnaire used to assess children's ability to regulate negative emotions and disruptive behavior, and to set and attain goals. Respondents rate how true each item is for them, ranging from 1 (never true) to 4 (always true). After reverse coding items 1, 2, 3, 4, 5, 8, 10, 11, 12 and 13, higher scores represent the child's ability to regulate his/her emotions (items 1, 2, 3, 4, 5), behavior (items 9, 10, 11, 12), and cognitions (items 6, 7, 8).

- I have hard time controlling my temper.
- I get so frustrated that I feel ready to explode.
- I get upset easily.
- I am afraid I will lose control over my feelings.
- I slam doors when I am mad.
- I develop a plan for all my important goals.
- I think about the future consequences of my actions.

- Once I have a goal, I plan to reach it.
- I get distracted by little things.
- As soon as I see things that are not working, I do something about it.
- I get fidgety after a few minutes if I am supposed to sit still.
- I have a hard time sitting still during important tasks.
- I find that I bounce my legs or wiggle with objects.

Swami's Message

The edifice of right education rests on four pillars: Self-control, Self-support, Self-confidence and Self-sacrifice. Students today are totally oblivious to Self-support. How can they achieve Self-control? Education should aim not merely at making men human but should try to make them perfect human beings. We may not have all the physical means necessary to help to protect the country. But if we adhere to Truth, that will confer the strength we need on all of us. If we stand by Truth, we shall be saving the whole world.

Bhagawan Sri Sathya Sai Baba, Sathya Sai Speaks Volume 21 Chapter 15

Closing prayer: OM 3 x Shanthi