



FOUNDATION FOR EXCELLENCE

Nurturing Brilliance ★ Transforming Generations

This month's topic is on "Self - Discipline"

DISCIPLINE

Self-Discipline is the most important thing in a student life. It is the quality of being able to behave and work in a controlled way which involves obeying particular rules or standards.

As students, it's essential to be disciplined at every stage of your life in order to achieve and fulfill goals. Here are some of the reasons why self-discipline matters:

- ❖ **Discipline in Classroom:** where participating in classroom lectures attentively is a key to college success.
- ❖ **Regular Studies:** Only attending classes is not at all sufficient. Students should develop the habit of revising and practicing things at home.
- ❖ **Avoid Bad Habits:** College life is good for those who know how to balance things and how to avoid some of the allures that can inhibit the academic success.
- ❖ **Dress Code:** Students should dress appropriately while in campus.





Tips to Become A Self-Disciplined Student



Learn from Mistakes

Being able to move on from mistakes is a major part of self-discipline. Whether you come across life-changing or very small mistakes, it's important to understand that growth comes from mistakes and using them as motivation and a learning experience can be effective. The best way to maintain self-discipline is to recognize what you did wrong, and to immediately plan to improve or correct it.

Create a Goal Plan

It is important to constantly be thinking about how to strategize and create steps towards reaching your goals. Whether it's studying for an upcoming test, or making a point to review, you are more likely to have success disciplining yourself in order to reach a goal.



Remain Positive

You must believe in yourself. Be positive when it comes to setting and achieving guidelines and goals for yourself. It's true that a can-do attitude will go a long way – especially when it comes to self-discipline!

Importance of FFE Training

Please use the training modules offered to you by FFE, which will help you prepare to get a better job towards a brighter future.



Surround Yourself with Support

It is important to include others in your self-disciplinary actions because it will create a comfortable environment and boost your confidence and motivation.



“Stay Motivated and Disciplined Warriors, and make this semester your best one yet”!

Resources:

1. [Importance of Discipline in a Student Life](#)
2. [The Value of Discipline](#)
3. [Ted Talks on Discipline or Regret](#)
4. [Self-Discipline / Why It's Important](#)
5. [Short Video on How to Become More Discipline](#)

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