

Self-Control

With your partner you should talk about the following:

- What do you see?
- What is the main idea of the picture? Does the picture have a message?
- How does the picture make you feel?
- Have you ever been in this situation? Why or why not?



Warmer Questions

What does self-control mean to you?

Do you think you have good self-control? Why or why not?

Have you ever heard of the marshmallow test? If not, what do you think it could be about?

Vocabulary Words

1. **Psychological test (noun)** : an exam which can determine something about a person's mind
2. **Straight away (adjective)** : immediately, now
3. **To hold on (verb)** : to wait
4. **Gratification (noun)** : happiness or pleasure that you get from achieving a desire
5. **Instant (adjective)** : immediately, now
6. **Delayed (adjective)** : later, postponed
7. **Reward (noun)** : something given in recognition of an achievement
8. **Impulse (noun)** : a sudden desire to do something that is hard to control
9. **Willpower (noun)** : the ability to control your impulses

During the Video

1. When was this test created?
2. What are the rules of the test?
3. What is this test supposed to determine?

The Marshmallow Test Video

https://www.youtube.com/watch?v=d8M7Xzjy_m8

Partner Discussion

STUDENT A

1. As a child, would you have been able to wait for the second marshmallow? Why or why not?
2. Do you think this test can really determine success later in life? Why or why not?
3. What's your opinion about self-control? Is it important? Why or why not?
4. Is it possible to *learn* self-control? Why or why not?
5. In what situations do you prefer instant gratification? Why?
6. Are there situations when it is important to focus on the delayed gratification rather than instant gratification? What are these situations?
7. Are you a patient person? Why or why not?
8. Some people say that patience is a virtue. Is that true?
9. Do you know anyone with great self-control? Who are they? Why do you think they have good self-control?

STUDENT B

10. Have you ever made an impulse purchase? What was it?
11. Supermarkets want us to make impulse purchases. In what ways do they try to encourage us to buy things straight away without thinking about it?
12. What is a situation where you showed self-control? How did you control yourself?
13. What is a situation where you wished you had more willpower, but you didn't? What happened?
14. Have you ever made a resolution or promise to yourself? What was it? Were you able to keep it?
15. Do you think things like your mood or the weather can affect your self-control or motivation? Why or why not?
16. Do you have any tips for exercising self-control in a situation where you want to be impulsive? How do you personally increase your motivation or willpower?
17. If you had to give some advice to the two girls in the marshmallow test video, what advice would you give and why?
18. Do you think self-control is important for children? Why or why not?

Quotes

Directions: Read the following quotes with your partner. Explain what each of these quotes mean and whether you agree or disagree.

1. "Willpower gets you started. Habits get you results." Priit Kallas
2. "I generally avoid temptation unless I can't resist it." Mae West
3. "I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self." Aristotle