Persisting

People who persist:

• stick to the task at hand
• follow the task through to completion
• remain focused
• don’t give up easily
• analyze a problem, develop a strategy to attack the problem, carry out the strategy
• know what steps are need to accomplish a task
• know how to change strategies and try another if one doesn’t work

Managing Impulsivity

People who manage impulsivity:

• take their time
• think before acting
• remain calm and thoughtful
• intentionally form a plan and set goals
• clarify and understand directions
• gather information and reflect before answering
• create organized plans and strategies for solving problems