



DISCIPLINE

RESOURCE PACK



DISCIPLINE IN THE CONTEXT OF LEARNING, SOCIETY AND THE BHUTAN BACCALAUREATE

In Bhutan Baccalaureate, discipline is seen as a value that allows individual to make choices, knowing deeply that decisions have consequences. Individuals assume a sense of ownership for their own learning and life and learn how to conduct themselves in different contexts. As a value, it includes concepts such as Ley Judrey, Domba nga and Driglam Namza. These practices guide individuals in self-discipline, orderly and cultured behaviour within society.

Discipline (Dri-Thrim) in Bhutanese culture means following the rules properly with a positive attitude and respecting others. The person who has this important element is called a good human being (Yarab Zang pi mi) who can show good examples to others and can be a person who is true to oneself.

To lead a purposeful life, discipline plays an essential role in a student's life. A disciplined student or person to stay focussed, make decisions and take ownership in their learning process.

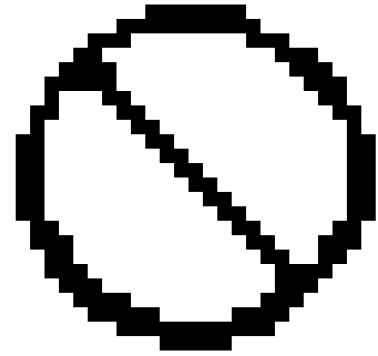
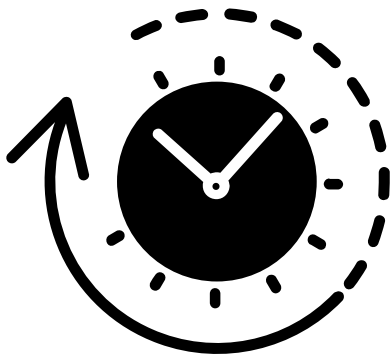
Discipline can help you to align your thoughts and goals with your action. You can receive instruction or guidance from one or many sources, but the source of discipline is internal. Discipline provides people with rules to live their lives efficiently and effectively. The idea is that when a person has discipline in their life, they can make small sacrifices in the present for a better life in the future.

Discipline at the individual level is also needed for a society to function in harmony. There would be unrest and chaos if there were no law and order. To prevent such outcomes in society, discipline in social life is necessary. It becomes easier to live in a society by setting rules and regulations. Without considering the consequences, people will do what they want and cause disruption and unrest. It is, therefore, vital to lay down rules and regulations in order to protect such situations.

In the life of an individual, practice gives harmony and order. It teaches an individual to take accountability and to display respect. Keeping well-defined laws is the cornerstone of civilization. If the structure were not developed, people would do whatever they wished and make errors without first and foremost thought. It facilitates positive human actions in order to enhance humanity and make it a more straightforward place for us to work.



DISCIPLINE AND OTHER SKILLS



One can think of discipline as you would think of courage. It can be grand decision or everyday acts that we undertake as individuals that lead to developing lifelong capabilities. Some examples

- If your objective is to lose weight, refusing an offer for the extra piece of chocolate, is an act of self-discipline.
- If you made a commitment to volunteer at a school event, then supporting it at all costs is an act of discipline and self-control,
- If you signed up for the Coronation Day marathon, then motivating oneself to go out for a run even when it is raining is an act of discipline

Integrity is the most important aspect of the discipline. Being able to be true to yourself, and do a good turn even when no one is watching or without someone having to instruct you is discipline. We are not born disciplined people but are developed as we grow up and start going into the real world.

Discipline is a valuable watermark. Discipline is the most fundamental among all the qualities that make up a person. In simple terms discipline refers to self-control; discipline is the tendency to act appropriately on all occasions and to never stray from the norms of propriety. A person is disciplined when he or she understands self-control, obedience, and skill so they can behave appropriately.

Discipline is an integral part of living and must be practised diligently. Discipline starts from an early age. The first lessons in life are taught at home. It is also the first place we can apply what we have studied and gained. Discipline does not mean that a good boy sits quietly all day or keeps his lips shut. Inaction or silence are not signs of discipline.

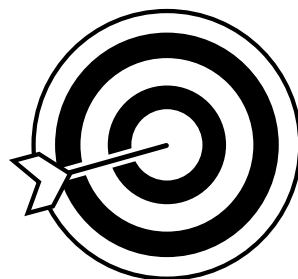
Discipline is doing the right thing at the right time in the right manner. Having the ability to decide what to do and what not to do is important. Secondly, we must understand how valuable time is. Doing things at the proper time is crucial and timely completion is necessary for discipline.

HOW DOES ONE DEVELOP DISCIPLINE?

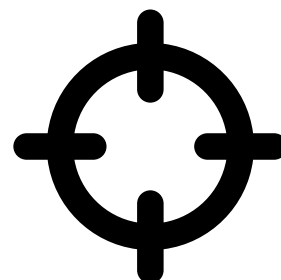
1. Motivation : “Motivation” comes from the root word “motive.” It’s why you are doing something. The reason and underlying drive behind it. Knowing your “why” provides a compelling intrinsic motivation. It fuels the fire and you’re much more likely to stay focused.



2. Clarity of goals: Knowing what goals you're working toward is the first step in becoming more disciplined. Without knowing what you're working toward, it can be difficult – if not impossible – to actually hold yourself accountable. One should also make sure that the goal challenges the person to improve for the better and identifies the support required to get there



3. Focus: Research has proven that our environment affects our choices. Your environment can be stronger than your willpower. Ensure it is conducive to the goals you're trying to accomplish; don't put yourself in situations that are tempting or distracting.



4. Build helpful habits: Habits are incredibly powerful tools that benefit numerous areas of our lives – including our ability to develop discipline. Habits are essentially little actions we incorporate into our lives on a regular, routine basis. The learner must learn how to differentiate between good and bad habits.



5. Start small: Get started. It doesn't matter how small the action is as long as you're going in the right direction. Small changes eventually lead to big results. Remember, action inspires further action and momentum creates more momentum.



ROADMAP AS A TOOL TO PRACTICE DISCIPLINE

The use of Roadmaps in the BB learning process is the perfect way for learners to inculcate the watermark of discipline. Roadmaps are learning tools which help learners to keep track of their learning. No matter what the goals are based on, the process of using the roadmap and being consistent in following the action plan is discipline. When learners make use of their roadmap often, it naturally becomes a part of them. This allows them to be a systematic and organized learner. The concept of a roadmap can be taken into the learner's life even after they graduate from school.

The assessment tool with regard to this can be based on how the learner is making use of their roadmaps. The following guidelines can be used as a guide for the Mentors and also for the learners themselves to reflect on and assess accordingly.

1. What is the purpose of a Roadmap in life?
2. Are the goals and objectives clearly defined?
3. How frequently is the learner looking at their goals and how many of them are sincerely following their action plans?
4. What kind of challenges is the learner facing toward their goals?
5. Undertaking a self assessment from the learner on to what extent discipline has helped/can help achieve the objectives in the roadmaps.

HOW DOES ONE DESIGN LEARNING EXPERIENCES TO EMPHASISE DISCIPLINE?

Teachers or mentors emphasise on the importance of attention to detail and being organized and sequential. The teachers can design an activities or lesson plan to see the extent to which discipline is practiced in the classroom as well as outside to reach objectives.

Teachers can bring interactive experiences through webcasts and guests on those that embody the "watermark" of discipline for the benefit of themselves and society. For e.g it can be the religious monks that practice meditation consistently or an national athlete in the sports domain that sacrifices for discipline and reaching her and her country's dreams.

