

Self-Discipline Practices Inventory in Learning Mathematics: Instrumentation Process

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Research Article

APPENDIX A

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Self-Discipline Practices Inventory

Name (Optional): _____ Age: _____ Grade and
Strand: _____

Instruction: As you fill out this form, please be truthful. Utilize the scales to evaluate yourself based on how you do in the given statements. Put a check on the scale that best describes you.

Scaling

Very inaccurate	-	1
Inaccurate	-	2
Neutral	-	3
Accurate	-	4
Very accurate	-	5

Self-Discipline Indicators:

- I do my classwork right away
- I am always prepared to learn
- I make sure to carry out my plans
- I do not need a push to start doing my tasks in learning Mathematics
- I set up a good study area at home
- I surround myself with good people who inspire me
- I forego some of my current stressful activities
- I meet deadlines and follow schedules
- I take good notes
- I like to make study plans in advance

Note: This tool will help measure your self-discipline in learning Mathematics. The researcher will not divulge what you stated to anyone. To protect your privacy, none of your personal information will be disclosed. Thank you and God bless!