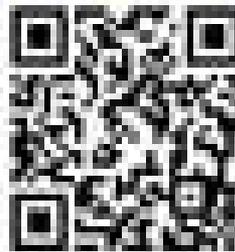


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Personal Responsibility Goes Hand-in-Hand with Success

GEN200

September 30, 2012

I define personal responsibility as being in charge of myself. Personal responsibility goes hand-in-hand with success because it is possible to fail if I am undisciplined with my time management. Being undisciplined can cause me to procrastinate. Maintaining good [health](#) is vital to my academic success. I must be aware of the consequences of managing my health poorly. Controlling stress levels ensures that I am focused on my goals. There are perks to managing my emotions.

Personal [responsibility](#) means having a governing of duty. It means setting goals and standards. As a student, I realize that only I am responsible for the outcome of my academic [achievement content](#).

This group acknowledged that parents provide support and resources and that sometimes things outside the child conspire against them, but the predominant factor for their child's success was the child's own efforts and motivation.²

Maintaining good health is vital to my academic success because if I am unhealthy, I am likely to lose focus. Managing my health poorly can lead to a decline in academic success. For instance, not getting enough will cause restlessness and make learning difficult. In the article Exercise Improves Academic Performance Copley is quoted as saying, "Highlander (2007) found that body mass index and physical activity were responsible for as much as 24% of all differences in academic achievement. DeJoy et al's (2001) evaluation of nearly 1 million students in grades 5 through 9 found that those with higher levels of [physical fitness](#) (particularly aerobic capacity) achieved higher scores on standardized tests (this effect was strongest for mathematics tests). Shepherd (1997) found that reducing academic class time by 240 minutes per week and replacing it with physical activity increased scores on standardized math tests."³

Controlling stress levels ensures that I am focused on my goals. Managing my emotions helps to make sure

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