**Discipline**

People who are especially talented in the Discipline theme enjoy routine and structure. Their world is best described by the order they create.

- I am (being) → an efficient manager of limited resources
- I will (doing) → plan in advance and then follow the plan
- I bring (contribution) → precision and detail orientation
- I need (requirement) → a structured and organized environment
- I love (value) → things that are organized and orderly
- I hate (value) → chaos and confusion, flying by the seat of one’s pants
- Metaphor/Image → having their ducks in a row
- Barrier Label → may be resistant to change

**Theme Contrast**

**Discipline**: I meet deadlines because it makes me feel good

**Responsibility**: I meet deadlines because it makes others respect me

**Discipline**: Can’t see the forest for the trees

**Connectedness**: Can’t see the trees for the forest

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**General Academic Life Tips**

- Schedule all assignments, exams, and papers due for the term.
- Clean and organize your living space before any major assignments are due or before an examination period.
- If you are in a self-paced class or a class with minimal structure, develop your own structure to ensure that you meet the class requirements.
- Don’t be afraid to color-code tasks on your calendar and your textbooks or notes. This will help you focus and prioritize what you are learning and doing. Use your Gopher Guide.

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**Extracurricular Activities**

- Volunteer to be a timekeeper for an event. Your accuracy will be appreciated.
- Join a group in which you can use your organizational talents to help plan some major events, breaking down tasks to ensure that deadlines will be met. Volunteer at the Student Union Board helping them plan events.
- Organize a monthly or quarterly “clean up” on your living floor, in which people clear away excess papers, files, clothing, etc. Play some music, and arrange to have food brought in to make the task more appealing and fun for others.
- Apply to be a Community Advisor at one of the Residence Halls and use your organizational skills to help students feel comfortable at the U.

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**Career Development Tips**

- Collect all the information you might need about making a career choice. Use your natural discipline to organize it as you prepare to make a decision.
- Organize your Graduation Planner to effectively plan your time at the U. Also, generate reports through Academic Progress System Audit (APAS) frequently to track your progress.
- Lay out all the steps of the career planning process and follow them one by one. Put the steps on a timeline, as timelines often motivate you. Visit your college’s Career Services to get started.
- Environments in which you can maintain order for yourself and others will enable you to be most effective. Your organizational talents can be useful in a wide variety of settings.
- Environments that are structured and detail-oriented, with clearly established routines and procedures will likely bring out your best. Cluttered, unpredictable environments may not allow your Discipline talents to flourish.
- Work that demands high levels of abstract thinking probably will not be comfortable for you. A daily routine and concrete expectations from others likely will enable you to be most productive.
- Environments that value attention to detail and commitment to accuracy will be a good fit for you. Read about the work that air traffic controllers, brain surgeons, tax specialists, and executive assistants do. Conduct an Informational Interview with someone in one of these professions to learn more.