

ASSIGNMENT

PATIENCE BREAKDOWN & RE-SCRIPTING

Assignment: Patience Breakdown & Re-scripting

Have students write a brief journal entry about a recent time they lost their patience (e.g., during an argument, waiting for grades, or dealing with a difficult group project).

Reflection Questions

- What internal feelings or external factors triggered your impatience?
- What were the short-term and long-term consequences of reacting impatiently?
- Looking back, how could practical wisdom have helped you navigate that situation with constructive patience?