

FIGURE 4.5
Writing If-Then Statements

Scenario	Five Potential Barriers (What could get in my way?)	If-Then Statements to Address Two of the Barriers
<p><i>Example:</i> You have trouble remembering to finish your mathematics assignments, so you decide to spend thirty minutes right after school completing the daily assignment before you do anything else (homework or fun).</p>	<ol style="list-style-type: none"> 1. My friends are doing something after school that I really want to do. 2. I get distracted and spend twenty of my thirty minutes on my phone. 3. I don't understand the concepts in the homework and don't know how to finish it. 4. I'm tired; I think I'll do the mathematics homework later. 5. I forgot about an after-school event (such as a sibling's game) that will last a few hours and that I can't miss. 	<ol style="list-style-type: none"> 1. <i>If</i> I don't understand the homework, <i>then</i> I will call a friend who does well in mathematics to ask for help. 2. <i>If</i> I am too tired or unfocused to do my mathematics homework right away, <i>then</i> I will choose a specific new time that evening to do it and set an alarm so I don't forget.
<ol style="list-style-type: none"> 1. You often eat sugary foods during the day and experience a sugar crash every afternoon. You plan to eat healthier foods so that you will feel more alert in the afternoon. 		
<ol style="list-style-type: none"> 2. Your school requires volunteer hours. The counseling office has a list of opportunities, but you're not sure where you want to volunteer and are feeling nervous about calling places to ask about volunteering. 		
<ol style="list-style-type: none"> 3. You have a big test in two weeks. You plan to study each evening. 		
<ol style="list-style-type: none"> 4. You want to save \$100 to go to a concert with your friend in four months. 		

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<p>5. It seems like your room is always messy, and you want to change that. You decide to spend fifteen minutes each evening tidying it up so that it will stay clean.</p>		
<p>6. When working on your chemistry assignment, you often get frustrated and give up. You decide that you'll count to ten, and then use your notes to figure out the problem that you got stuck on.</p>		