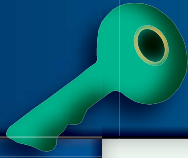


LESSON 4



Attitude, Discipline, and Respect



Quick Write

Based on the examples in the opening section on the importance of a positive attitude, list five words that you think best describe a positive attitude.



Learn About

- the importance of a positive attitude
- the importance of discipline

"There is very little difference in people, but that little difference makes a big difference. The little difference is attitude."

W. Clement Stone, businessman and motivational author

The Importance of a Positive Attitude

Attitude

Have you ever heard someone comment on another person's attitude? After a basketball game, for example, a coach might say, "Jim has a positive attitude. He's a real asset to the team." Or maybe you've heard someone say, "Bill won't succeed because he has a bad attitude." Did you ever wonder exactly what this means? Why is a positive attitude considered important for success in almost every activity? This lesson will explore the meaning and importance of a good attitude.

Attitude makes a difference in many facets of your personal life, and your life in the community. Good citizens reflect a positive attitude. It's more than just allegiance to their community and nation. They value and respect their responsibilities as citizens. In part, they do this by caring for others within their communities and beyond. In another way, they are ready and willing to defend the rights and privileges they have under the US Constitution. As good citizens, they are willing to give their time, effort, and money to help others and improve community life for everyone.

Examples of positive attitudes toward citizenship are everywhere. After Hurricane Katrina in 2005, hundreds of American citizens, many trained in emergency response, traveled long distances to New Orleans, Louisiana and surrounding areas. They helped people who lost power or their homes to flooding, or who were severely injured. Many just needed food, water, and basic shelter. Citizens who are Red Cross volunteers helped with these and other necessities. Police officers from other communities came voluntarily to help families and damaged businesses with security needs.



Vocabulary

- attitude
- integration
- foundation
- discipline
- en masse
- morale
- professional
- integrity

After Hurricane Sandy devastated the Maryland, Delaware, New Jersey, and Long Island shorelines in 2012, thousands of concerned citizens went to these areas to help. Many were construction workers trying to assist in rebuilding homes before government help could be obtained. Popular singers put on a huge live performance to raise funds to help the people start their massive cleanup and rebuilding efforts.

In future lessons, you will learn more about the need for citizens' involvement, and why it is so important. For now, let us explore just what is meant by attitude, and how you can develop a positive attitude to become a better citizen.

Attitude is *a state of mind*. It may be positive or it may be negative. Your attitude affects the success or failure of most of your activities. Your attitude reflects your personal philosophy of life and is shown through your actions. Your attitude is the frame of mind in which you view yourself, your work, and others.

Attitude is catching. One basketball player with a positive attitude, for example, can inspire a winning spirit for an entire basketball team. No matter how far the team is behind in a game, that person's hustle and drive—signs of positive attitude or energy—can energize a team's effort.

The late UCLA basketball coach, John Wooden, was known for his inspiring leadership. He coached his teams to rare undefeated seasons. "A leader's most powerful ally is his or her own example," he said. His teams were known for always having one or two players who inspired their teammates by their positive attitudes.

It is also true that a player who goes out onto the court and holds back because he or she feels it's not worth the effort can slow down the progress of the entire team. This negative attitude is just as contagious as a positive one.

It is especially important to have a positive attitude whenever you are in a leadership role. When you're in a position of leadership, those under you will reflect your attitude. In other words, if you convey an attitude of encouragement, those under and around you are more likely to be positive.

A Positive Attitude Can Achieve Great Things



Herman Boone, far right, takes part in the US Army All-American Bowl in 2011. The trophy is named the Herman Boone Championship Trophy in his honor.

Courtesy of the US Army/www.army.mil

to take over a high school football team—the Titans—that was newly integrated, and was playing against mostly all-white schools. It had been thought that another coach, Bill Yoast, who was white, and a long-time assistant coach at T.C. Williams, would be given the head coaching position. This added to the potential for strife among both players and coaches.

By demonstrating their ability to accept the situation and work together, Boone and Yoast set a positive example for the school and the team. However, as the fall playing season neared, tension among players from different backgrounds and cultures dampened the team's will to win. The coaches came to a point where they knew they needed to instill a spirit of cooperation among the players. One way to do that, Boone decided, was to start in training camp before his first season as head coach. On the first day of their annual training camp, all the black players started out sitting on one bus, while the white players occupied another. Coach Boone switched them around, placing the offense on one bus and the defense on the other, integrating the buses, and focusing the players on working together. It was one of the first of many techniques Boone incorporated to get his players to see each other as equal teammates and to become a winning unit.

Through his positive influence and attitude, Boone went on to lead his team to the state championship. In 2000, this episode became the subject of an award-winning film, *Remember the Titans*, starring the iconic actor Denzel Washington.

These two brief examples illustrate how a leader's positive attitude can achieve great things, despite the odds.

Herman Boone

It was 1971. With the United States still fighting a war overseas in Vietnam, there was another conflict at home over integration of schools through busing. **Integration** is a federal law requiring the equal access to schools, buildings, or organizations regardless of the color of one's skin or ethnic background.

Such was the case at T.C. Williams High School in Alexandria, Virginia. At T.C. Williams, the racial tensions were made more prominent by the fact that the school hired Herman Boone, a black man, known for his winning record at another school,

Oprah Winfrey

Television talk show host Oprah Winfrey built success out of a childhood of hardship. She came from a broken home, moved from place to place, and suffered abuse, ending up on the streets of Baltimore for a time. However, she rediscovered herself after moving back with her father, who insisted on reading, self-reliance, and education. Over thirty years she rose from obscurity to become a media icon worth almost \$3 billion.

Oprah's success is based on a positive attitude that rubs off on all those she meets. This attitude allowed her to build a network—a trusted group of people around her who were talented, and who served as her mentors. After she accomplished this, she gave back—investing in her mentors, peers, employees, and audiences. Not only did she often spontaneously give to people in need who came on her show, she also established several charitable efforts that bettered the world. Her image and her world reputation as a leader continue to grow to this day. One of Oprah's favorite sayings reflects the power of a positive attitude: "My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment."

In some ways, Oprah was fortunate. For part of her young life, Oprah lived with her grandmother, who gave Oprah a love for reading. With the help of her father, Oprah was able to learn a sense of self-discipline and develop her natural talents at a local radio station. She could have gone a different direction entirely after being on the streets. However, she had a foundation of self-discipline and family on which to build.

A **foundation** is an underlying base or support. Without a positive attitude that she could succeed, her story could have become tragic. Instead, she serves as a mentor and leader; her example is a model for young people all over the world.

These two examples illustrate how a positive attitude sets an example, whether you are a leader or a follower. Everyone has a role to play in life. Everyone can make a difference in his or her own way.



Oprah Winfrey.

Courtesy of Getty Open Content Images

If you find yourself in a leadership role, be especially careful to stay positive. Otherwise, the efficiency of your group will fall to the level of the attitude you display, or worse. This will limit the initiative and potential you could see achieved.

Attitude and Junior ROTC

Within a week of joining the JROTC program, your instructor can determine what your attitude is. How? By the expression on your face, your posture, your tone of voice, or the amount of effort you put into meeting grooming standards. Your attitude also influences the way you prepare for class, your quiz scores, and the manner in which you address the instructor or fellow cadets. Therefore, it's not hard to get a pretty good idea of how you feel about what you are doing just by observing you.



Your attitude is evident in your appearance and your actions.

Michael Wetzell/US Air Force JROTC

The JROTC program is built on the contributions of every individual. Every person in the program is a key to the success of his or her unit. If you have a positive attitude, demonstrated by working hard to reach your potential while actively participating in the program, you will be showing your willingness and ability to work with others and to share in the cooperative operation of JROTC.

However, if you have a negative attitude and fail to meet established JROTC standards, your actions could affect the success of your unit. You play an important role in your unit, so display a positive attitude in every aspect of JROTC.

How can you develop the proper attitude toward JROTC requirements and standards? The key to a positive attitude lies in understanding. You must try to understand the reasons behind JROTC activities and standards. For example, if you believe, as a cadet, that saluting, presenting a good appearance, or executing drill is a hassle, you are unlikely to develop a positive attitude toward the program. However, if you understand that there are standards that have been thought out completely and tested down through the years, you will be well on the way toward forming a positive attitude about JROTC. A positive attitude will greatly increase your chances of success in the JROTC program and all other areas of your life.

The Importance of Discipline

Discipline and the Military

The American Heritage Dictionary defines **discipline** this way—*training expected to produce a specific character or pattern of behavior*. According to George Washington, discipline is “the soul of an army,” and indeed this applies to any military organization, from your JROTC program to our nation’s armed forces at home and abroad.

People often misunderstand the real meaning of the term discipline. They tend to see it as restrictive, harsh, severe, or power for power’s sake. Young people often look at discipline as classroom punishment or something found only in the military. It is seen as unpleasant and sometimes downright unreasonable.

Every soldier, sailor, marine, and airman serving in the US military trains to be a disciplined member of the armed forces. From the morning physical training session to afternoon specialized equipment training, all military members are taught to perform their duties as a well-disciplined unit. The following story illustrates how the training received by two US Army Delta Force members instilled the warfighting discipline needed on one fateful day, October 3, 1993. A Blackhawk helicopter piloted by Army Chief Warrant Officer 2 (CW2) Michael Durant was shot down by a rocket-propelled grenade while it was flying over Mogadishu, Somalia. Knowing that crewmembers were probably injured, Somali fighters began to surround and shoot at the downed helicopter and its crewmembers.

Flying over the crash site was another helicopter carrying two US Army Delta Force members, Sergeant First Class (SFC) Randall Shughart and Master Sergeant (MSG) Gary Gordon. Both agreed that if they did not assist the downed Blackhawk crewmembers, the crewmembers would not survive the attack. After receiving permission to help, Sergeants Shughart and Gordon took up fighting positions by the downed helicopter. Unfortunately, they found that only CW2 Durant had survived the crash. They removed him from the downed helicopter while still under attack from Somali fighters.



Left: Master Sergeant Gary Gordon.
Right: Sergeant First Class Randall Shughart.

Courtesy of US Army/www.army.mil

MSG Gordon gave CW2 Durant a weapon and ammunition, while he and SFC Shughart continued to receive heavy fire. These two highly disciplined, well-trained Delta Force members were committed to saving CW2 Durant. Although CW2 Durant survived, neither MSG Gordon nor SFC Shughart survived the battle with Somali fighters. Both men were recognized for their bravery, discipline, and selfless sacrifice by receiving the Congressional Medal of Honor, the highest combat medal any member of the armed forces can receive.

A graphic with the text "keys to LEADERSHIP" in a blue and orange banner, with a stylized figure of a person with arms raised behind it.

keys to LEADERSHIP

Discipline in military and civilian life brings rewards, such as promotions or pay raises. For civilians, the lack of discipline can mean failure or being fired. In the military, the lack of discipline can have a big impact on safety and morale. However, good discipline in the military also results in a reward greater than promotions or increased pay. It's the pride of protecting the safety of fellow Americans and the assurance for them to continue to enjoy the freedoms of American life.

The basic mission of the military is to protect the nation. This is a serious job. The armed forces, individually and as a whole, must be organized, trained, and equipped for combat that may last a long time. Our military forces have been engaged in combat operations in the Middle East for over 10 years. This broad responsibility means that members of all military branches must be trained to carry out that mission effectively and without hesitation. They must have discipline. Military discipline is an extension of what you have experienced in your civilian life, but adapted to what is required for the armed forces.

Discipline and Junior ROTC

What about discipline in JROTC? What is the purpose behind this discipline? What is the reason for shined shoes and drill, saluting and drill, inspections and drill? Why all the drill?

At one time, drill was absolutely necessary as training for war. When armies marched and maneuvered **en masse**, meaning *as a whole group*, and when the first muskets came into use, close order drill was an essential combat requirement.

Close order drill still has its place for teaching the basics of discipline, leadership, and teamwork. Drill, uniform dress, respect for higher-ranking individuals, and pride in appearance are among the important basics of your JROTC training. Here's why.

First, drill and specific performance standards teach you to act in unison with other cadets. By dressing alike and marching in formation, you begin to feel a part of something larger as each cadet begins to act as a member of a team. The effects of a mistake by a single member of the team are nowhere more apparent than on the drill field. It can be embarrassing when one cadet takes a wrong turn and marches off without the others. Learning that each individual is a vital member of a team is basic to training. The success of the group as a whole depends on every member of the formation working as one disciplined unit.



Discipline builds teamwork toward a common purpose.

*Top: Courtesy of the Library of Congress Prints and Photographs Division Washington, DC 20540
Bottom: Michael Wetzell/US Air Force JROTC*

Second, drill teaches individual cadets to respond instantly and subconsciously to a word or command. Close order drill teaches cadets to react like disciplined military members. If a cadet is marching and executes a right flanking movement when the command calls for a left flank, it will mean little more than embarrassment and perhaps a stubbed toe.

However, consider the tragic consequences to public safety at an Air Show highlighting the Army's Golden Knights, the Navy's Blue Angels, or the Air Force Thunderbirds if someone in the formation banked right when the commander quickly ordered to bank left. The discipline you acquire from drill can be used if you participate in sports such as football or basketball.



Discipline and teamwork are keys to success in today's high-tech military.

Clockwise, from top left: © Martijn Smeets/Fotolia.com; © Benjamin Kirk/Fotolia.com; Courtesy of US Army/www.army.mil

Third, the JROTC uniform, the drill, and the common requirements shared by all cadets give each cadet a feeling of belonging, a feeling of fellowship. You learned about this feeling of *esprit de corps* in Lesson 3. Once you realize that the ability of the group depends on the performance of each cadet, and that each cadet is judged by the group, you will feel more a part of a team. You will begin to work effectively toward common goals. Thus, *esprit de corps* raises individual **morale**, *a sense of common purpose*, and fosters teamwork within the unit.

Fourth, discipline from drill in JROTC should be viewed as self-discipline, not imposed discipline; the discipline should come from within, not from peers. If drill ever gets to be boring, if the uniform gets hot on a nice spring day, or if you are torn between shining your shoes or watching TV, remember why these things are necessary. See them as essential elements of personal discipline that can translate into success in many other areas of life.

Military history tells us from past events that discipline will determine how well a unit will perform and survive in combat. You are being taught discipline so that whether you are in the military or working in a retail store, you can be counted on to complete a task.

Attitude and discipline go hand in hand if a unit is to succeed. JROTC is the place where you and fellow cadets form initial attitudes toward the military. It is where you will develop basic concepts of military discipline. If you maintain a positive attitude, you will come out of the program well disciplined, and ready to take on challenges. When you finally choose a career, a positive attitude and self-discipline will give you a head start toward success.

Discipline and Respect

Respect for authority and discipline reinforce one another. However, discipline comes first. Self-discipline is the full and voluntary acceptance of authority. There will be rules, regulations, and standards in all areas of your adult life. JROTC will help you develop the self-discipline needed to respect fellow cadets and those in positions of authority. It will also help you become dependable in fulfilling responsibilities in other parts of your life.

Discipline and Integrity

The basic principles of integrity and conduct are guided by a sense of right and wrong. This sense is the internal compass that provides you the ability to do what is right even when no one is looking. A cadet's sense of right and wrong must be so strong that his or her behavior and motives are above suspicion. Integrity is the hallmark of a true **professional**, *one who conforms to a technical or ethical standard of a profession*, and there is nothing more important in the armed forces—or life, for that matter—than integrity.

Military organizations could not function without integrity, because others have to be trusted to do their jobs. Our nation has always depended on the integrity of people in the military who place the security of others ahead of their own self-interests. People have to be able to trust each other to make this sacrifice. Even in business, no employer could survive for long if they did not trust their employees. **Integrity** is a moral compass, the inner voice, the voice of self-control, and the basis for trust. In other words, integrity is honesty.

Integrity is not something you learn overnight. Most people have already incorporated integrity into their set of values. Your parents or guardians and schoolteachers, for example, have helped you understand the difference between right and wrong.

However, the military holds its members to a higher standard of honesty than much of society demands, so you must begin to build upon the foundation you have already established.

In the military, everyone relies on people to do their part. Often, the only way anyone knows what has been done is by another's word. Integrity is your word, your bond. Other people know when you say you did your job that they can bet their lives on it—and in the military, sometimes their lives *do* depend upon that trust. Integrity and self-discipline are cornerstones of JROTC. Integrity starts with the individual, and it starts with you right now.

 **CHECKPOINTS**

Lesson 4 Review

Using complete sentences, answer the following questions on a sheet of paper.

1. What is attitude?
2. Why is a positive attitude important, especially in positions of leadership?
3. What are three ways your JROTC instructors can tell what your attitude is toward JROTC?
4. What is the definition of discipline?
5. What are three ways in which drill promotes discipline?
6. What is integrity?
7. What two terms are considered the cornerstones of JROTC?

APPLYING YOUR LEARNING

8. Attitude, responsibility, integrity, discipline: Choose one of these words and create a slogan for your JROTC unit that demonstrates the importance of that concept. Write a short paragraph explaining why you chose that word and what the slogan means to you.