

For Kids, Self-Control Factors Into Future Success

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NPR:

Self-control keeps us from eating a whole bag of chips or from running up the credit card. A new study says that self-control makes the difference between getting a good job or going to jail — and we learn it in preschool.

“Children who had the greatest self-control in primary school and preschool ages were most likely to have fewer health problems when they reached their 30s,” says Terrie Moffitt , a professor of psychology at Duke University and King’s College London.

Read the whole story: [NPR](#)