

# Habits of Mind



## Persistence

Stick to it! Persevere in a task through to completion; remaining focused. Look for ways to reach your goal when stuck. Do not give up.



## Managing Impulsivity

Take your Time! Think before acting; remain calm, thoughtful, and deliberative.



## Listening with Empathy and Understanding

Understand Others! Devote mental energy to another person's thoughts and ideas. Make an effort to perceive another's point of view and emotions.



## Thinking Flexibly

Look at it another way! Be able to change perspectives, generate alternatives, and consider options.



## Thinking about your Thinking: Metacognition

Know your knowing! Be aware of your own thoughts, strategies, feelings, and actions and their effects on others.



## Striving for Accuracy

Check it again! Always do your best. Set high standards. Check for and find ways to improve constantly.



## Applying Past Knowledge

Use what you learn! Access prior knowledge; transfer knowledge beyond the situation in which it was learned.



## Questioning and Posing Problems

How do you know? Have a questioning attitude; know what data are needed and develop questioning strategies to produce those data. Find problems to solve.



## Thinking and Communicating with Clarity and Precision

Be clear! Strive for accurate communication in both written and oral form; avoid over generalizations, distortions, deletions, and exaggerations.



## Gathering Data Through All Senses

Use your natural pathways! Pay attention to the world around you. Gather data through all the senses: taste, touch, smell, hearing, and sight.



## Creating, Imagining & Innovating

Try a different way! Generate new and novel ideas, fluency, and originality.



## Responding With Wonderment and Awe

Have fun figuring it out! Find the world awesome and mysterious, and be intrigued with phenomena and beauty. Be passionate.



## Taking Responsible Risks

Venture out! Be adventuresome; live on the edge of your competence. Try new things constantly.



## Finding Humor

Laugh a little! Find the whimsical, incongruous and unexpected. Be able to laugh at yourself.



## Thinking Interdependently

Work together! Be able to work in and learn from others in reciprocal situations. Practice teamwork.



## Remaining Open to Continuous Learning

Learn from experiences! Have humility and pride when admitting that you don't know; resist complacency.