

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.