



1. Persisting

Stick to it!
Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.



2. Managing Impulsivity

Take your time!
Thinking before acting; remaining calm, thoughtful and deliberative.



3. Listening with understanding and empathy

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



4. Thinking flexibly

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



5. Thinking about your thinking (Metacognition)

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



6. Striving for accuracy

Check it again!
Always doing your best. Setting high standards. Checking and finding ways to improve constantly.



7. Questioning and problem posing

How do you know?
Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.



8. Applying past knowledge to new situations

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



9. Thinking & communicating with clarity and precision

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



10. Gather 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.



11. Creating, imagining, and innovating

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



12. Responding with wonderment and awe

Have fun figuring it out!
Finding the world awesome, mysterious and being intrigued with phenomena and beauty.



13. Taking responsible risks

Venture out!
Being adventuresome; living on the edge of one's competence. Try new things constantly.



14. Finding humor

Laugh a little!
Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.



15. Thinking interdependently

Work together!
Being able to work in and learn from others in reciprocal situations. Team work.



16. Remaining open to continuous learning

Learn from experiences!
Having humility and pride when admitting we don't know; resisting complacency.

HABITS OF MIND

(After Arthur L. Costa and Bena Kallick, *Habits of Mind: A Developmental Series*, Copyright © 2000)

The Habits of Mind are an identified set of 16 problem solving, life related skills, necessary to effectively operate in society and promote strategic reasoning, insightfulness, perseverance, creativity and craftsmanship. The understanding and application of these 16 Habits of Mind serve to provide the individual with skills to work through real life situations that equip that person to respond using awareness (cues), thought, and intentional strategy in order to gain a positive outcome.

1. **Persisting:** Sticking to task at hand; Follow through to completion; Can and do remain focused.
2. **Managing Impulsivity:** Take time to consider options; Think before speaking or acting; Remain calm when stressed or challenged; Thoughtful and considerate of others; Proceed carefully.
3. **Listening with Understanding and Empathy:** Pay attention to and do not dismiss another person's thoughts, feeling and ideas; Seek to put myself in the other person's shoes; Tell others when I can relate to what they are expressing; Hold thoughts at a distance in order to respect another person's point of view and feelings.
4. **Thinking Flexibly:** Able to change perspective; Consider the input of others; Generate alternatives; Weigh options.
5. **Thinking about Thinking (Metacognition):** Being aware of own thoughts, feelings, intentions and actions; Knowing what I do and say affects others; Willing to consider the impact of choices on myself and others.
6. **Striving for Accuracy:** Check for errors; Measure at least twice; Nurture a desire for exactness, fidelity & craftsmanship.
7. **Questioning and Posing Problems:** Ask myself, "How do I know?"; develop a questioning attitude; Consider what information is needed, choose strategies to get that information; Consider the obstacles needed to resolve.
8. **Applying Past Knowledge to New Situations:** Use what is learned; Consider prior knowledge and experience; Apply knowledge beyond the situation in which it was learned.
9. **Thinking and Communicating with Clarity and Precision:** Strive to be clear when speaking and writing; Strive be accurate to when speaking and writing; Avoid generalizations, distortions, minimizations and deletions when speaking, and writing.
10. **Gathering Data through All Senses:** Stop to observe what I see; Listen to what I hear; Take note of what I smell; Taste what I am eating; Feel what I am touching.
11. **Creating, Imagining, Innovating:** Think about how something might be done differently from the "norm"; Propose new ideas; Strive for originality; Consider novel suggestions others might make.
12. **Responding with Wonderment and Awe:** Intrigued by the world's beauty, nature's power and vastness for the universe; Have regard for what is awe-inspiring and can touch my heart; Open to the little and big surprises in life I see others and myself.
13. **Taking Responsible Risks:** Willing to try something new and different; Consider doing things that are safe and sane even though new to me; Face fear of making mistakes or of coming up short and don't let this stop me.
14. **Finding Humor:** Willing to laugh appropriately; Look for the whimsical, absurd, ironic and unexpected in life; Laugh at myself when I can.
15. **Thinking Interdependently:** Willing to work with others and welcome their input and perspective; Abide by decisions the work group makes even if I disagree somewhat; Willing to learn from others in reciprocal situations.
16. **Remaining Open to Continuous Learning:** Open to new experiences to learn from; Proud and humble enough to admit when don't know; Welcome new information on all subjects.