

# Habits of Mind



## 1. Persisting

Stick to it! Persevering in tasks 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, and 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 and 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 and communicating with clarity and precision

Be clear! Striving 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 oneself.



## 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.