

















Habits Of Mind

 <p>Persisting: <i>Stick to it!</i> Persevering on a task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p>Managing impulsivity: <i>Take your Time!</i> Controlling yourself. Thinking before acting; remaining calm, thoughtful and deliberative. Delaying gratification</p>
 <p>Listening with understanding and empathy: <i>Understand Others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions</p>	 <p>Thinking flexibly: <i>Look at it Another Way!</i> Being open-minded, able to change perspectives, generating alternatives, considering options, seeking novelty and valuing different points of view.</p>
 <p>Thinking about your thinking (Metacognition): <i>Know your knowing!</i> Being aware of your own inner voice, thoughts, strategies, emotions and executive functions. Cognitive control Sensitivity to your affect on others.</p>	 <p>Striving for accuracy. <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly. Searching for truth.</p>
 <p>Questioning and problem posing: <i>How do you know?</i> Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p>Applying past knowledge to new situations. <i>Use what you Learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p>Thinking and communicating with clarity and precision: <i>Be clear!</i> Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions, deletions and exaggerations.</p>	 <p>Gather data through all senses: <i>Use your natural pathways!</i> Pay attention to the world around you Gather data through all the senses: Tasting, touching, smelling, hearing and seeing.</p>
 <p>Creating, imagining, and innovating: <i>Try a different way!</i> Generating new and novel ideas, fluency, originality Being receptive to untested, unusual and odd ideas.</p>	 <p>Responding with wonderment and awe: <i>Practice being excited!</i> Finding the world awesome, inspirational, seeking the mysterious, and being intrigued with phenomena and beauty.</p>
 <p>Taking responsible risks: <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly and learning from failures.</p>	 <p>Finding humor: <i>Laugh a little!</i> Finding the whimsical, incongruous, absurd and unexpected. Being able to laugh at oneself. Surprising your brain.</p>
 <p>Thinking interdependently: <i>Work together!</i> Being able to work and learn from and with others in reciprocal situations. Team work. Collaborating to achieve group goals and priorities ahead of your own</p>	 <p>Remaining open to continuous learning: <i>I have so much more to learn!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>