
16 HABITS OF MIND

Persistence: Stick to it! Persisting in tasks through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.

Managing Impulsivity: Take your Time! Thinking before acting; remaining calm, thoughtful and deliberate.

Listening with Empathy and Understanding: Understand others! Devoting 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! Being able to change perspectives, generate alternatives, and consider options.

Thinking about your Thinking - Metacognition: Know your knowing! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.

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

Applying Past Knowledge. Use what you Learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.

Questioning and Posing Problems: 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.

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.

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! Generating new and novel ideas, fluency, originality.

Responding with Wonderment and Awe: Have fun figuring it out! Finding the world awesome, mysterious and being intrigued with phenomena and beauty. Being passionate.

Taking responsible risks: Venture out! being adventuresome; living on the edge of one's competence. Try new things constantly.

Finding Humour: Laugh a little! Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself.

Thinking interdependently: Work together! Being able to work in and learn from others in reciprocal situations. Teamwork.

Remaining Open to continuous learning: Learn from experiences! Having humility and pride when admitting we don't know; resisting complacency.
