# Habits Of Mind

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 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 adventurous; 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.