

Habits of Mind

	<p><u>Understanding One's Learning Style</u> Know your knowing. How do I learn best? Being aware of your likes and dislikes.</p>		<p><u>Cultivating Creativity and Imagination</u> Take a risk and try a different way. Generate new and novel ideas.</p>
	<p><u>Maintaining a Growth Mindset</u> I know I can, if I put in the required effort.</p>		<p><u>Responding to Feedback</u> How am I doing? Learn from my mistakes.</p>
	<p><u>Meeting Quality Standards</u> Always do your best work. Set high standards. Check it again and find ways to improve constantly.</p>		<p><u>Persevering</u> Stick to it and remain focused. Do not give up. Looking for other ways to reach your goal when stuck.</p>
	<p><u>Set and Monitors Goals</u> Have and follow a plan. Keep track of progress on the goal and adjust as needed.</p>		<p><u>Managing Impulsivity</u> Think before acting. Take your time; remain calm; be thoughtful and deliberate.</p>
	<p><u>Working Towards Team Goals</u> Team work is important. Being able to work and learn from others.</p>		<p><u>Listen with Understanding and Empathy</u> Understands others. Listen with respect, empathy and to understand others.</p>
	<p><u>Seek to be Understood</u> Be clear. Aim for accurate communication.</p>		<p><u>Seeking to Resolve Conflicts</u> Be Nice. Listen to the problem, see others point of view. Work together to find a solution.</p>

2012 Adapted from Art Costa Habits of Mind by Jennifer Brown and Julie Bradstreet