

FIGURE 1. The Habits of Mind

Persisting: Stick to it!

Persevering on a task 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 deliberative.



Listening with understanding and empathy: Understand others!

Devoting mental energy to another person's thoughts and ideas; making 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, consider options.



Thinking about 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; searching for truth.



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.



Applying past knowledge to new situations: Use what you learn!

Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.



Thinking and communicating with clarity and precision: Be clear!

Striving for accurate communication in both written and oral form; avoiding overgeneralizations, distortions, deletions, and exaggerations.



Gathering data through all senses: Use your natural pathways!

Paying attention to the world around you; gathering data through all the senses: tasting, touching, smelling, hearing, and seeing.



Creating, imagining, and 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 and mysterious; being intrigued with phenomena and beauty.



Taking responsible risks: Venture out!

Being adventurous; living on the edge of your competence; trying new things constantly.



Finding humor: Laugh a little!

Finding the whimsical, incongruous, and unexpected; being able to laugh at yourself.



Thinking interdependently: Work together!

Being able to work with and learn from others in reciprocal situations; engaging in teamwork.



Remaining open to continuous learning: There is so much more to learn!

Having humility and pride when admitting you don't know; resisting complacency.

