

# THE HABITS OF MIND

(Costa and Kallick)

## Resilient



### Persistence

*Stick to it!* Persevering in task through to completion; remaining focussed. Looking for ways to reach your goal when stuck. Not giving up.



### Striving for Accuracy

*Check it again!* Always doing your best. Setting high standards. Checking and finding ways to improve constantly.



### 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.

## Resourceful



### Thinking Flexibly

*Look at it another way!* Being able to change perspectives, generate alternatives, consider options.



### 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.



### Creating, Imagining & Innovating

*Try a different way!* Generating new and novel ideas, fluency, originality.

## Reasoning



### Thinking about your Thinking: Metacognition

*Know your knowing!* Being aware of your own thoughts, strategies, feelings and actions and their effects on others.



### Applying Past Knowledge

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



### 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.

## Reflective



### Remaining Open to Continuous Learning

*Learn from experiences!* Having humility and pride when admitting we don't know; resisting complacency.



### Responding With Wonderment and Awe

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



### Finding Humour

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

## Responsible



### Taking Responsible Risks

*Venture out!* Being adventuresome; living on the edge of one's competence. Try new things constantly.



### Managing Impulsivity

*Take your Time!* Thinking before acting; remaining calm, thoughtful and deliberative.



### Listening with Empathy and Understanding

*Understanding others!* Devoting mental energy to another person's thoughts and ideas; make an effort to perceive another's point of view and emotions.



### Thinking Interdependently

*Work together!* Being able to work in and learn from others in reciprocal situations. Team work.