

West Shore S.D. Habits of the Mind

Adapted from the Columbus North H.S. Physical Education Dept. Habits of Mind document.
Block images from Habits of Mind, Association for Supervision and Curriculum Development, 2000.



Persisting

Stick to it!

Persevering in a task through its completion; remaining focused; looking for ways to reach your goal when stuck; and not giving up.

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Listening with Understanding & Empathy

Understand others!

Devoting mental energy to another person's thoughts/ideas; making an effort to perceive another's point of view and emotions.

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Thinking About Your Thinking (Metacognition)

Know your knowing!

Being aware of your own thoughts, strategies, feelings, and actions; and their effects on others.

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Questioning and Problem Posing

How do you know?

Having a questioning attitude; knowing what data are needed; and developing questioning strategies to produce those.

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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.

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Creating, Imaging, and Innovating

Try a different way!

Generating new and novel ideas with fluency and originality.

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Taking Responsible Risks

Venture out!

Being adventuresome; living on the edge of one's competence; and trying new things constantly.

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Thinking Interdependently

Work together – Teamwork!

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

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Managing Impulsivity

Take your time!

Thinking before acting; remaining calm, thoughtful, and deliberative.

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Thinking Flexibly

Look at it another way!

Being able to change perspectives, generate alternatives, and consider options.

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Striving for Accuracy

Check it again!

Always doing your best; setting high standards; and constantly checking for ways to improve.

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Applying Past Knowledge to New Situations

Use what you learn!

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

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Gathering Data Through All Senses

Use your natural pathways!

Paying attention to the world around you;
gathering data through all the senses
(taste, touch, smell, hearing, and sight).

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Responding with Wonderment and Awe

Have fun figuring it out!

Finding the world awesome,
mysterious and being intrigued with
phenomena and beauty.

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Finding Humor

Laugh a little!

Finding the whimsical, incongruous, and unexpected. Being able to laugh at oneself.

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Remaining Open to Continuous Learning

I have so much more to learn!

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