

Habits of Mind

Habits of Mind are dispositions displayed by intelligent people in response to problems, dilemmas, and enigmas, the resolutions of which are not immediately apparent.

1. Persisting: <i>Stick to it!</i> Persevering in task through to completion; remaining focused.	2. Managing Impulsivity: <i>Take your Time!</i> Thinking before acting; remaining calm, thoughtful, and deliberative.
3. Listening with understanding and empathy: <i>Understand Others!</i> Devoting mental energy to another person's thoughts and ideas; holding in abeyance one's own thoughts in order to perceive another's point of view and emotions.	4. Thinking Flexibly: <i>Look at it Another Way!</i> Being able to change perspectives, generate alternatives, consider options.
5. Thinking about your Thinking (Metacognition): <i>Know your knowing!</i> Being aware of one's own thoughts, strategies, feelings and actions and their effects on others.	6. Striving for accuracy and precision: <i>Check it again!</i> A desire for exactness, fidelity and craftsmanship.
7. Questioning and Problem Posing: <i>How do you know?</i> 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 novel situations: <i>Use what you Learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
9. Thinking and Communicating with clarity and Precision: <i>Be clear!</i> Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions and deletions.	10. Gathering Data Through all Senses: <i>Use your natural pathways!</i> Gathering data through all the sensory pathways—gustatory, olfactory, tactile, kinesthetic, auditory and visual.
11. Creating, imagining, and innovating <i>Try a different way!</i> Generating new and novel ideas, fluency, originality.	12. Responding with Wonderment and awe: <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.
13. Taking Responsible Risks: <i>Venture Out!</i> Being adventuresome; living on the edge of one's competence.	14. Finding Humor: <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself.
15. Thinking Interdependently: <i>Work together!</i> Being able to work with and learn from others in reciprocal situations.	16. Remaining Open to Continuous Learning: <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.

Art Costa and Bena Kallick