16 Habits of Mind

Habits necessary for success in school, work, and life

 Aurhur L. Costa and Bena Kallick

1. Persisting – Stick to it! Persevering in a task, remaining focused, to completion. NOT giving up.
2. Managing Impulsivity – Take your time! Thinking before acting, remaining calm, thoughtful, and deliberative. NOT jumping to conclusions or acting too soon.
3. Listening with Understanding and Empathy – Understand others. Devote mental energy to another’s thoughts and ideas, holding your own thoughts in order to see another’s point of view and emotions.
4. Thinking Flexibly – Look at it another way! Being able to change perspectives, generate alternatives, consider options.
5. Metacognition – Know your knowing! Thinking about your thinking! Being aware of your own thoughts, strategies, feelings and actions, and their effects on others.
6. Striving for Accuracy and Precision – Check it again! A desire for exactness, fidelity, craftsmanship, and truthfulness. NOT settling for mediocrity.
7. Inquiry – Questioning and problem posing: How do you know? Having a questioning attitude, knowing what data are needed and developing questioning strategies to generate information.
8. Applying Past Knowledge to Novel Situations – Use what you learn! Access prior knowledge, transfer knowledge beyond situation in which learned.
9. Thinking and Communicating with Clarity and Precision – Be clear! Strive for accurate communication in both written and oral form

 10. Gathering Data Through all Senses – Use natural pathways! Gather data

 thru gustatory, olfactory, tactile, kinesthetic, auditory, visual resources.

 11. Creating, Imagining, and Innovating – Try a different way! Generating new and novel ideas, fluency, originality.

 12. Responding with Wonderment and Awe – Have fun figuring it out! Finding the world awesome, mysterious; being intrigued w/phenomena and beauty.

 13. Taking Responsible Risks – Venture out! Being adventuresome; living on the edge of your competence.

 14. Finding Humor – Laugh a little! Finding the whimsical and

 unexpected. Being able to laugh at yourself.

 15. Thinking Interdependently - Work together! Being able to

 work with and learn from others in reciprocal situations.

 16. Remain Open to Continuous Learning – Learn from experiences! Having humility and pride when admitting we don’t know; resisting complacency.