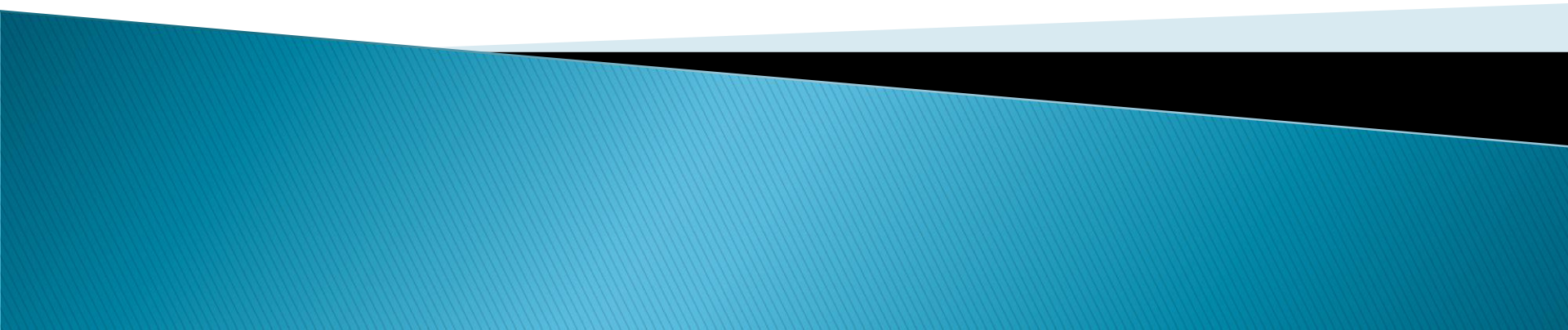


Habits Of Mind



Objectives

- Understand the nature of the Habits
- Cultivate the language of Habits of Mind

- Gives us a common language
- Helps us clearly communicate our expectations

What is a Habit

*A habit is something you repeat and repeat
Like saying 'Hello' to people you meet.
Some habits are good, Some habits are bad
Some make you happy , some make you sad
Habits are like a garden full of seeds
Some turn into flowers others into weeds.*

We use a variety of languages to communicate the same message

:

Eg ‘work hard’
‘Keep trying’
‘listen’
‘be positive’ etc

Very likely the specific term one person uses is different to others – pupils ,adults

1. Persisting – Not giving up

Persistence is the twin sister of excellence.

One is a matter of quality; the other, a matter of time

Marabel Morgan,
The Electric Woman



1. Persisting

- stick to a task until it is completed. They don't give up easily.
- able to analyze a problem, to develop a system, structure, or strategy to attack a problem.
- employ a range and have repertoire of alternative strategies for problem solving.
- collect evidence to indicate their problem-solving strategy is working, and if one strategy doesn't work, they know how to back up and try another.

2. Managing Impulsivity - Take Your Time

".. the ability to deny impulse in the service of a goal, whether it be building a business, solving an algebraic equation, or pursuing the Stanley cup.

Daniel Goleman *Emotional Intelligence* (1995) p. 83
Effective



2. Managing Impulsivity - Take Your Time

Is about Self-Management
Is about self-discipline

Reflective individuals

- think before they act.
- consider alternatives and consequences of several possible directions prior to taking action.

3. Listening To Others—With Understanding and Empathy

Listening is the beginning of understanding.....

Wisdom is the reward for a lifetime of listening.



3. Listening To Others—With Understanding and Empathy

Self - Awareness

- This does not mean that we can't disagree with someone.
- A good listener tries to understand what the other person is saying. In the end he may disagree sharply, but because he disagrees, he wants to know exactly what it is he is disagreeing with.

4. Thinking Flexibly

If you never change your mind, why have one?

Edward deBono



4. Thinking Flexibly

- They consider alternative points of view or deal with several sources of information simultaneously.
- Their minds are open to change based on additional information and data or reasoning, which contradicts their beliefs.
- Flexible people know that they have and can develop options and alternatives to consider.

5. Thinking About our Thinking (Metacognition)

When the mind is thinking , it is talking
to itself

Plato



5. Thinking About our Thinking (Metacognition)

- Intelligent people plan for, reflect on, and evaluate the quality of their own thinking skills and strategies.
- develop mental maps or plans of action, mentally rehearsing prior to performance

6. Striving For Accuracy and Precision

A man who has committed a mistake and doesn't correct it is committing another mistake.

Confucius



6. Striving For Accuracy and Precision

These people take pride in their work and have a desire for accuracy as they take time to check over their work.

Craftsmanship includes exactness, precision, accuracy, correctness, faithfulness, and fidelity

7. Questioning and Posing Problems

The formulation of a problem is often more essential than its solution, which may be merely a matter of mathematical or experimental skill.

To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advances.....

Albert Einstein



7. Questioning and Posing Problems

Effective problem solvers know how to ask questions to fill in the gaps between what they know and what they don't know.

8. Applying Past Knowledge to New Situations

"I've never made a mistake. I've only learned from experience."

Thomas A. Edison



7. Questioning and Posing Problems

Intelligent human beings learn from experience. When confronted with a new and perplexing problem they will often draw forth experience from their past.

They can often be heard to say, "This reminds me of...." or "This is just like the time when I..."

9. Thinking and Communicating with Clarity and Precision

I do not so easily think in words... after being hard at work having arrived at results that are perfectly clear... I have to translate my thoughts in a language that does not run evenly with them.

Francis Galton, *Geneticist*.



9. Thinking and Communicating with Clarity and Precision

When you hear fuzzy language, it is a reflection of fuzzy thinking.

Intelligent people strive to communicate accurately in both written and oral form taking care to use precise language, defining terms, using correct names and universal labels and analogies.

10. Gathering Data through All Senses

Observe perpetually.

Henry James



10. Gathering Data through All Senses

Most linguistic, cultural, and physical learning is derived from the environment by observing or taking in through the 5 senses.

To know a wine it must be drunk;

To know a role it must be acted;

To know a game it must be played;

To know a dance it must be moved;

To know a goal it must be envisioned.

11. Creating, Imagining, and Innovating

"The future is not some place we are going to but one we are creating. The paths are not to be found, but made, and the activity of making them changes both the maker and the destination."

John Schaar, Political Scientist,
University of Santa Clara
Author, *Loyalty in America*



11. Creating, Imagining, and Innovating

Creative people take risks and frequently push the boundaries of their perceived limits (Perkins 1985). They are intrinsically rather than extrinsically motivated, working on the task because of the aesthetic challenge rather than the material rewards.

. Creative people are open to criticism, They are uneasy with the status quo. They constantly strive to improve.

Students, however, are often heard saying, "I can't draw," "I was never very good at art," "I can't sing a note," "I'm not creative".

12. Responding with Wonderment and Awe

The most beautiful experience in the world is the experience of the mysterious."

Albert Einstein.



12. Responding with Wonderment and Awe

We want our students, however to be curious; to commune with the world around them; to reflect on the changing formations of a cloud; feel charmed by the opening of a bud; sense the logical simplicity of mathematical order.

13. Taking Responsible Risks.

There has been a calculated risk in every stage of American development--the pioneers who were not afraid of the wilderness, businessmen who were not afraid of failure, dreamers who were not afraid of action.

Brooks Atkinson



13. Taking Responsible Risks.

When someone holds back from taking risks, he is confronted constantly with missed opportunities. Some students seem reluctant to take risks. Some students hold back games, new learning, and new friendships because their fear of failure is far greater than their experience of venture or adventure. They are reinforced by the mental voice that says, “if you don’t try it, you won’t be wrong” or “if you try it and you are wrong, you will look stupid”.

The other voice that might say, “if you don’t try it, you will never know” is trapped in fear and mistrust. They are more interested in knowing whether their answer is correct or not, rather than being challenged by the process of finding the answer.

They have a need for certainty rather than an inclination for doubt

14. Finding Humor

Where do bees wait? At the buzz stop.

Andrew, Age six



14. Finding Humor

Laughter transcends all human beings. Its' positive effects on psychological functions include a drop in the pulse rate, the secretion of endorphins, an increased oxygen in the blood.

15. Thinking Interdependently

Take care of each other. Share your energies with the group. No one must feel alone, cut off, for that is when you do not make it.

Willie Unsoeld

Renowned Mountain Climber

Human



15. Thinking Interdependently

Working in groups requires the ability to justify ideas and to test the feasibility of solution strategies on others. It also requires the development of a willingness and openness to accept the feedback from a critical friend. Through this interaction the group and the individual continue to grow. Listening, consensus seeking, giving up an idea to work with someone else's, empathy, compassion, group leadership, knowing how to support group efforts, altruism--all are behaviors indicative of cooperative human beings.

16 Learning Continuously:

Insanity is continuing to do the same thing over and over and expecting different results.

Albert Einstein



16 Learning Continuously:

Intelligent people are in a continuous learning mode. Their confidence, in combination with their inquisitiveness, allows them to constantly search for new and better ways. People with this Habit of Mind are always striving for improvement, always growing, always learning, always modifying and improving themselves.