

Habits of Mind




What are Habits of Mind?

- ❖ Habits of Mind, created by Arthur L. Costa and Bena Kallick, are an identified set of sixteen problem solving skills that are important for effective learning and for success in life beyond school.
- ❖ The habits promote strategic reasoning, insightfulness, perseverance, creativity and craftsmanship.
- ❖ The understanding and application of these 16 Habits of Mind provide the individual with skills to work through real life situations by responding using intentional strategies in order to gain a positive outcome.
- ❖ They provide a framework of how to behave intelligently when we don't know the answer or when we face uncertainty.

How are they used at school?

Our school embraces the 16 Habits of Mind as they provide a framework and common language to discuss the development of thinking and ways to be successful as learners. We focus on a different 'habit' each half term, which is explored in assemblies as well as within lessons. Children are encouraged to apply the habits within their own learning, for example checking their own work thoroughly as part of 'striving for accuracy'.

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|  <p>1. Persisting <i>Stick to it!</i></p> <p>Persevering in a task through to completion; remaining focused; looking for ways to reach your goal when stuck; not giving up.</p> |  <p>2. Managing impulsivity <i>Take your time!</i></p> <p>Thinking before acting; remaining calm, thoughtful and deliberative.</p> |  <p>3. Listening with understanding and empathy <i>Understand others!</i></p> <p>Devoting mental energy to another's thoughts and ideas; trying to perceive another's point of view and emotions.</p> |  <p>4. Thinking flexibly <i>Look at it another way!</i></p> <p>Being able to change perspectives, generate alternatives and consider options.</p> |
|  <p>5. Thinking about your thinking (metacognition) <i>Know your knowing!</i></p> <p>Being aware of your own thoughts, strategies, feelings and actions and their effect on others.</p> |  <p>6. Striving for accuracy <i>Check it again!</i></p> <p>Always doing your very best; setting high standards; checking and finding ways to improve constantly.</p> |  <p>7. Questioning and problem posing <i>How do you know?</i></p> <p>Having a questioning attitude; knowing what information is needed and developing strategies to produce that information; finding problems to solve.</p> |  <p>8. Applying past knowledge to new situations <i>Use what you learn!</i></p> <p>Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p> |
|  <p>9. Thinking and communicating with clarity and precision <i>Be clear!</i></p> <p>Striving for accurate written and oral communication; avoiding over-generalisations, deletions and exaggerations.</p> |  <p>10. Gather information through all senses <i>Use your natural pathways!</i></p> <p>Paying attention to the world around you; gather information through all five senses.</p> |  <p>11. Creating, imagining and innovating <i>Try a different way!</i></p> <p>Generating new and novel ideas; demonstrating fluency and originality.</p> |  <p>12. Responding with wonder and awe <i>Have fun figuring it out!</i></p> <p>Finding the world awesome and mysterious; being intrigued with phenomena and beauty.</p> |
|  <p>13. Taking responsible risks <i>Venture out!</i></p> <p>Being adventuresome; living on the edge of your competence; trying new things constantly.</p> |  <p>14. Finding humour <i>Laugh a little!</i></p> <p>Finding the whimsical, incongruous and unexpected; being able to laugh at yourself.</p> |  <p>15. Thinking interdependently <i>Work together!</i></p> <p>Being able to work in and learn from others in reciprocal situations; teamwork.</p> |  <p>16. Remaining open to continuous learning <i>Learn from experiences!</i></p> <p>Having humility when admitting you don't know yet; resisting complacency.</p> |

