



# BRIGHTON BRUINS DEVELOP AND USE HABITS OF MIND

## What is the Habits of Mind Framework?

Habits of Mind are dispositions or thinking behaviors that are desirable attributes for learning and living productively in a complex world. People often use these habits when confronted with problems and situations to which the answers are not immediately apparent. The language of the dispositions is intentionally framed in positive, growth-oriented language. Each states a positive behavior and each starts with a verb that ends in “ing” to signify that it is always a behavior we can get better at and grow with. This is not a program but a lifelong framework dedicated to growing cognitive, social, and emotional development for all learners. The 16 Habits of Mind were identified through Art Costa and Bena Kallick's research of successful individuals.

## Why Habits of Mind?

For students to find success, it is important to help them develop the thinking dispositions they can employ to solve complex problems. Habits of Mind are the dispositions people need in order to think critically, advocate, show empathy, foster resilience, collaborate, find joy, and cultivate curiosity.



## How might a family support Habits of Mind development?



### Post

Your family might like to post the Habits of Mind framework on a bulletin board or refrigerator (see back).



### Notice and Name

Choose a Habit of Mind that you think would be helpful to your family. When you see someone using the habit, tell them and label what you're noticing. e.g.: I appreciate how you Managed Your Impulsivity when you put the phone away for dinnertime.

### For more information

To learn more, please visit <https://www.habitsofmindinstitute.org/>



# Habits of Mind

 <p><b>1. Persisting</b> <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p><b>2. Managing Impulsivity</b> <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberate.</p>	 <p><b>3. Listening with understanding and empathy</b> <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.</p>	 <p><b>4. Thinking flexibly</b> <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.</p>
 <p><b>5. Thinking about your thinking</b> (Metacognition) <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p><b>6. Striving for accuracy</b> <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>	 <p><b>7. Questioning and problem posing</b> <i>How do you know?</i> Having a questioning attitude; knowing what data are needed &amp; developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p><b>8. Applying past knowledge to new situations</b> <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p><b>9. Thinking &amp; communicating with clarity and precision</b> <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p><b>10. Gathering data through all senses</b> <i>Use your natural pathways!</i> Pay attention to the world around you. Gather data through all the senses, taste, touch, smell, hearing and sight.</p>	 <p><b>11. Creating, imagining, and innovating</b> <i>Try a different way!</i> Generating new and novel ideas, fluency, originality</p>	 <p><b>12. Responding with wonderment and awe</b> <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p><b>13. Taking responsible risks</b> <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p><b>14. Finding humor</b> <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p><b>15. Thinking interdependently</b> <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p><b>16. Remaining open to continuous learning</b> <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>