

Habits of Mind

Developing good practice in our approach to school work and tasks.

HABITS OF MIND

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

What is a habit?

“Something that is done frequently and almost without thinking, something hard to give up.”

Oxford Dictionary.



Good and Bad Habits

"Good habits are as addictive as bad habits, and a lot more rewarding."

Harvey Mackay



What is a Habit of Mind?

“A ‘Habit of Mind’ means having a disposition towards behaving intelligently when confronted with problems, the answers to which are not immediately known”

Costa and Kallick.

PERSISTING

Stick to it!

- Trying different strategies
- Finding different ways to reach your goals
- Remaining focused





MANAGING IMPULSIVITY

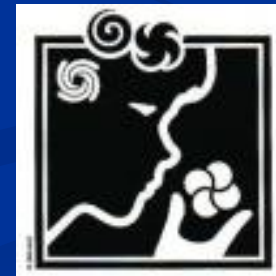
Take your time!

- Thinking before acting (how many of us DON'T do that?)
- Choose your response
- 'Think time' and 'wait time' – e.g. count to three before call out

THINKING FLEXIBLY

Look at it another way

- Looking at something one way and imagining it a different way
- Being open to alternatives, differences, change
- Coming at problems from a different angle
- Redefining what the problem is
- ‘As a result of hearing everyone’s opinions, I have changed my mind...’



LISTENING WITH EMPATHY & UNDERSTANDING



Understand others

- Understanding where another person is coming from
- Another's point of view and emotions
- LISTENING versus HEARING
- Are we always able to summarise the opinions of others?



STRIVING FOR ACCURACY

Check it again

- Striving for your personal best
- Setting high standards
- Getting it right – doing it better
- Checking and finding ways to improve constantly
- Is ‘satisfactory’ good enough?



Thinking about your thinking

METACOGNITION

Know your knowing

- Being aware of your own thoughts, strategies, feelings & actions
- Reflecting – what works and what doesn't work?
- Metacognitive awareness – how did you solve your problem?
- $176 + 232 = ?$

QUESTIONING & POSING PROBLEMS

How do you know?

- Having a questioning attitude
- Do you remember when you were five?
- Knowing what data you need
- Developing questioning strategies to develop that data



APPLYING PAST KNOWLEDGE TO NEW SITUATIONS

Use what you learn!

- Access prior knowledge
- Take knowledge beyond the situation in which it was learned
- ‘Numb3rs’



THINKING & COMMUNICATING WITH CLARITY AND PRECISION

Be clear!

- Fuzzy language – ‘EVERYBODY thinks that this is so...’ Really? Is there not ONE person who doesn’t think this way?
- Being accurate when talking and writing
- Avoiding over generalising, distorting, deleting, exaggerating



CREATING, IMAGINING, INNOVATING

Try a different way

- Coming up with new ideas
- Being original



TAKING RESPONSIBLE RISKS

Venture out!



- Reach for the stars
- Trying something new
- Going outside your comfort zone – growing as a person
- Measuring up the risks
- How many of us find talking in front of a group scary?

GATHERING DATA THROUGH ALL SENSES

Use your natural pathways

- Tasting, smelling, touching, moving, listening, seeing
- Gathering different sorts of data
- Learning best by taking information in using all our senses



THINKING INTERDEPENDENTLY

Work together!

- Working with others
- Learning from others
- Team work



FINDING HUMOUR

Laugh a little!



- Seeing the funny side of things
- Laughing at ourselves
- Not about putting others down
- This habit is demonstrated by the most successful people
- Most advanced form of intelligence – it is a difficult thing to do

RESPONDING WITH WONDERMENT & AWE

Have fun figuring it out

- Passionate, amazed, intrigued
- Love doing what you are doing
- The most successful love what they do – examples?
- Opposite of:
 - ‘That’s boring...’
 - ‘Who cares...’



REMAINING OPEN TO CONTINUOUS LEARNING

I have so much more to learn

- We do not know it all'
- Door staying open
- The most successful people always want to learn more, to improve, to get better
- Opposite of being arrogant



ONE LAST POINT

*Nothing's stopping you from
becoming the most successful
person you can be.*

THE 16 HABITS OF MIND

Thinking

- Thinking about your thinking (metacognition)
- Thinking and communicating with clarity & precision
- Thinking interdependently
- Thinking flexibly

Responding & interacting

- Listening with understanding and empathy
- Taking responsible risks
- Responding with wonderment and awe
- Finding humour
- Remaining open to continuous learning

Data gathering

- Applying past knowledge to new situations
- Questioning and problem posing
- Gather data through all senses

Completing a task

- Persisting
- Managing impulsivity
- Striving for accuracy
- Creating, imagining & innovating