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