

## Professional Practice Support

## HABITS OF THE MIND STUDENT CHECKLIST

When working in groups it is a good idea to rate each member of the group on

- the effort they put in
- their strenghts in what Habits of the Mind they used.

It is important to fill in this checklist as you go through the project, not afterwards

- it's too easy to forget.

Peer assessment is a very powerful tool to use.

## Group members

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## What is the project about?

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## Persisting

Sticking to a task until it is completed. If your first approach doesn't work, being able to try other ways to solve the problem. Being able to see when something doesn't work and why it doesn't work.

[illegible]

## Managing Impulsivity

Thinking before you answer a question with the first thing that comes into your mind; take your time.

Considering and understanding ideas before you make a judgement. Planning ways to solve a problem before you start.

[illegible]

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## Listening With Understanding And Empathy

Understanding what another person is meaning through listening to what they are saying and reading what messages their body language is sending to you. Being able to say what another person is saying in your own words. 55% of your life is spent listening; often we don't "tune in" to what is really been said. Listen with your ears, eyes and heart.

[illegible]

## Thinking Flexibly

Being able to change your mind when you receive new information. Sometimes the information may cause you to contradict your opinions and consider other options. Being able to shift in your thinking, from your way is the only way to perhaps another way is better.

[illegible]

## Thinking About Thinking (Metacognition)

Being able to know what we know and what we don't know. Being able to plan, reflect on and assess your own thinking skills and strategies.

Taking time to think why you are doing what you are doing; being aware of your own thoughts.

[illegible]

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## Striving For Accuracy

Being able to take time to check the accuracy of your work; check it again.

Taking pride in lifting the quality of your work to the highest level you are capable of.

Not being prepared to settle for second best to get work out of the way.

[illegible]

## Questioning And Posing Problems

Being able to ask the right questions to fill in the gaps of what you don't know. Asking questions that begin with "what if", "why do", "How."

Being able to recognise the reasons behind why and how questions are asked.

[illegible]

## Applying Past Knowledge To New Situations

Being able to use experience and knowledge learned for new problems.

Being able to adapt what you have learned from a previous experience to a new situation and make connections. Being willing to apply yourself to use experience in your thinking; use what you learn.

[illegible]

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## Thinking Of Communicating With Clarity And Precision

Being able to communicate your thoughts in accurate and clear language, both written and verbal. Being able to explain, compare and give evidence using correct names and labels; think clearly. Avoiding vague and generalising language such as “you know”, “it’s weird”, “everyone says”, “stuff-like”.

[illegible]

## Gathering Data Through All Senses

Being able to gain a feeling for a situation through taking in messages from all of your senses. Being able to form mental images through what your senses experience. Being able to feel and communicate by considering aspects such as colours, sounds, patterns, tastes, textures, rhythms, etc.; living is not just describing it; use your natural pathways.

[illegible]

## Creating, Imagining, Innovating

Being able and prepared to look at problems and situations from many different angles. Being willing to take risks with your thinking and avoiding statements such as "I can't", "I'm not", "I wish"; try a different way. Being open to advice and seeking feedback to improve your approach and thinking.

[illegible]

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## Responding With Wonderment And Awe

Having a “can do”, “want to”, and “I enjoy”, attitude to the challenge of solving problems. Enjoying figuring out things for yourself and avoiding statements such as “I was never good at”, “it’s boring”, “ask someone else”, “when will I use this”, “who cares”. Being curious, enthusiastic and passionate about learning, thinking and solving problems.

[illegible]

## Taking Responsible Risks

Being prepared to leave your comfort zone and adopt an attitude of welcoming a challenge and the unknown. Realising that not taking the risk of a challenge is missing an opportunity to improve yourself. Being more afraid of a lack of success than a fear of failure and avoid statements such as "I'll look stupid", "I don't want to be wrong".

[illegible]

## Finding Humour

Having a sense of humour and laughing increases your oxygen intake and lowers your pulse rate; good for you. Being able to laugh at yourself rather than zeroing in on the wrong places such as others' weaknesses and differences. Being able to appreciate others' humour helps you to be more creative and think at a higher lever.

[illegible]



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## Thinking Interdependently

Accepting that as human beings we seek to be part of groups and teams and draw energy and feedback from each other. Realising that us together has much more thinking power than you alone; and welcoming it. Being able to accept openness and feedback from others and avoiding statements such as “leave me alone”, “I’ll do it by myself”, “they don’t like me”, “I want to be alone”; work together and learn together.

Group Members		Explain Reason:
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## Remaining Open To Continuous Learning

Being prepared to realise that there could be a better way and searching for it.

Seeing problems and challenges as opportunities to develop and improve your thinking and you.

Accepting that if you don’t know then not being afraid to find out; it’s best to ask dumb questions than to get dumb answers.

Group Members		Explain Reason:
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## The Right Thing To Do Is Always The Hard Thing To Do

Being able to accept and believe that you “just don’t do something”, but you must plan, reflect and think.

Accepting that in all top performers in any activities you find a higher level of thinking.

Having the courage and willingness to do the “hard things” and leave behind the everyday easy way of thinking; actually uses habits of the mind.

Tune to **WIIFM**. What station is this?

<b>W</b>	<b>I</b>	<b>I</b>	<b>F</b>	<b>M</b>
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**What’s**

**In**

**It**

**For**

**Me**

*Acknowledgement: Arthur Costa and Bena Kallick – Discovering and Exploring, Habits of the Mind.*



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**Team Reflection on how well we worked as a team:**

**What went well:**

**What can we do better:**

**What have we learnt:**