



# Habits of Mind Self-Assessment Rubric



Name \_\_\_\_\_

Class \_\_\_\_\_

| Category   | Exemplary Habits   | Proficient Habits  | Apprentice Habits  | Beginning Habits  |
|--|--|--|--|---|
| <b>1. Persisting</b>   | I consistently stick to a task and am persistent. I am focused. I strive to reach my goal.   | I stick to the task most of the time and am somewhat persistent. I focus quite often and I look for ways to reach my goal.   | I stick to the task some of the time; sometimes I have to be reminded to keep on task. I could improve my focus. Sometimes I give up.  | I can't stick to a task. I need to be more persistent and focus more. I get upset when the answer to a problem is not immediately known.  |
| <b>2. Managing Impulsivity</b>                               | I think before I act. I form a vision of the product, plan of action, or goal. I always consider consequences and alternatives. I remain calm, thoughtful, and deliberate.   | Most of the time I think before I act. Sometimes I consider consequences and alternatives. Most of the time I remain calm, thoughtful, and deliberate.   | I frequently interrupt and blurt out in class. Sometimes I think before I act. I need to improve on controlling my impulses in a more mature manner.   | I blurt out the first answer that comes to mind. I don't consider alternatives. I make judgments before fully understanding the problem. I don't control my impulses.   |
| <b>3. Listening to Others with Understanding and Empathy</b> | I spend a large amount of time listening. I can accurately paraphrase another person's idea. I can detect emotional states in oral and body language. I understand diverse perspectives.   | Sometimes I listen to others. Sometimes I can paraphrase another person's idea. Sometimes I can read body language. I try to understand many different perspectives, but I could improve.  | I seldom listen to others. If I'm interested, I can partially paraphrase another person's idea. I don't care about body language. I need to improve on understanding other people's points of view.  | I ridicule, laugh at, and put down the ideas of others. I cannot build upon another person's ideas. I rehearse what to say instead of truly listening. I don't try to see a different point of view.  |
| <b>4. Thinking Flexibly</b>                                  | I can change my mind, especially when I get additional information. I create and seek novel approaches to problems. I can generate alternatives and consider options because I can look at ideas in another way.   | Sometimes I change my mind and seek new approaches to problems. Sometimes I can generate alternatives and consider different options, but I need to keep remembering to look at ideas in another way.  | I seldom consider other points of view. I need to work on thinking flexibly. I consider changing my mind when I receive additional data and information.   | I have difficulty considering different points of view. It's my way or the highway! Even if I receive additional data, I won't change my mind.  |
| <b>5. Metacognition (thinking about your thinking)</b>       | I have the ability to understand what I do know and what I don't know. I form mental questions as I search for information and meaning. I am able to reflect upon and evaluate my thoughts and feelings. I am aware of my own actions and how my actions affect others.  | Sometimes I have the ability to understand what I do know and what I don't know. I sometimes form mental questions as I search for information and meaning. I am able to reflect upon and evaluate my thoughts and feelings when I really try.   | I seldom have the ability to understand what I do know and what I don't know. I seldom form mental questions as I search for information and meaning. I need to be able to reflect upon and evaluate my thoughts and feelings.   | I don't take time to reflect upon my experiences. I don't wonder why I'm doing what I'm doing. I can't explain how I make decisions. I can't evaluate if I'm efficient in my thinking and I don't care about the effects of my actions on others.                   |
| <b>6. Striving for Accuracy</b>                              | I strive for excellence in everything I do without being a perfectionist. I am focused on accomplishing a task. I like producing exceptional work and being proud of my work. I rework tasks to improve the final results. I always try my best and set high standards.  | Sometimes I strive for excellence in everything I do. I am frequently focused on accomplishing a task. Sometimes I like producing exceptional work and being proud of my work. Sometimes I rework tasks to improve the final results. I should try my best and set high standards more often.  | I seldom strive for excellence in anything I do. I am seldom focused on accomplishing a task. I like producing mediocre work and I seldom am proud of my work. I don't rework tasks to improve the final results. I seldom try my best and I don't set very high standards.                              | I turn in sloppy and incomplete work. I am anxious to get rid of assignments. I don't care about accuracy and precision. I put in minimum effort. I don't set high standards and I just try to get by. I don't put forth much effort at all.                        |
| <b>7. Questioning and Problem Posing</b>                     | I enjoy finding problems to solve. I ask myself questions to fill in the gaps between what I know and don't know. I make connections and can see relationships. I like to pose high level questions and hypothetical problems to solve. I have a questioning attitude. I can figure out what data is missing and create strategies to produce answers to problems. | I frequently enjoy finding problems to solve. Sometimes I ask myself questions to fill in the gaps between what I know and don't know. I sometimes make connections and sometimes see relationships. I like to pose high level hypothetical questions and problems to solve at times. I should strive to have a more questioning attitude. | I seldom enjoy finding problems to solve. I don't ask myself questions to fill in the gaps between what I know and don't know. I can't make connections and can't see relationships. I don't like to pose high level questions and hypothetical problems to solve. I seldom have a questioning attitude. | I don't have a strategy to find answers and I don't realize that questions vary in complexity, structure, and purpose. I only pose simple questions. I have a hard time figuring out what data is missing and I don't ask questions when I have to solve a problem. |

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| <p><b>8.</b><br/><b>Applying Past Knowledge to New Situations</b></p>  | <p>I learn from previous experiences. I call upon my store of knowledge to solve new challenges. I can abstract meaning from one experience and apply it to a new situation. I like to use what I learn and transfer that knowledge beyond the situation in which it was experienced. I use what I learn!</p>                                     | <p>Sometimes I learn from previous experiences. I sometimes call upon my store of knowledge to solve new challenges. I can sometimes abstract meaning from one experience and apply it to a new situation. I need improvement on how to use what I learn and transfer that knowledge beyond the situation in which it was experienced.</p>  | <p>I seldom learn from previous experiences. I seldom call upon my store of knowledge to solve new challenges. I can't abstract meaning from one experience and apply it to a new situation very often. I don't really like to use what I learn and transfer that knowledge beyond the situation in which it was experienced.</p>   | <p>I don't learn from my previous experiences. I don't remember how I solved previous problems. I don't apply meaning and experience from the past to new situations. I don't transfer knowledge from one situation to a similar situation.</p>                              |
| <p><b>9.</b><br/><b>Thinking and Communicating with Clarity and Precision</b></p>  | <p>I communicate accurately and eloquently in both written and oral form. I use precise language, I can define terms, and I support my statements with explanations, reasoning, comparisons, and evidence.</p>  | <p>I sometimes communicate accurately in both written and oral form. I frequently use precise language, I can sometimes define terms, and I sometimes support my statements with explanations, reasoning, comparisons, and evidence.</p>  | <p>I seldom communicate accurately in either written or oral form. I don't use precise language, I can't define terms, and I don't support my statements. I need to strive to be more accurate and precise in my communication skills.</p>  | <p>I like to use vague and imprecise language because I think it's cool. I use non-descriptive words about junk and stuff. I exaggerate and am unclear in my communication. People often ask me for clarification.</p>   |
| <p><b>10.</b><br/><b>Gathering Data through all Senses:</b><br/><i>taste</i><br/><i>touch</i><br/><i>smell</i><br/><i>hearing</i><br/><i>sight</i></p> | <p>I like to learn from hands-on experiences and observe the environment around me. I form mental images and engage in visual-spatial reasoning tasks. I take information in through my senses and solve problems through scenarios and role-playing. I pay attention to the world around me. I like to gather data through all of my senses.</p> | <p>I sometimes like to learn from hands-on experiences and observe the environment around me. I sometimes form mental images and engage in visual-spatial reasoning tasks. Sometimes I take information in through my senses and solve problems through scenarios and role-playing. I need to pay more attention to the world around me and attempt to gather data through my all of my senses.</p> | <p>I seldom like to learn from hands-on experiences and observe the environment around me. I don't form mental images and engage in visual-spatial reasoning tasks. I seldom take information in through my senses and seldom solve problems through scenarios and role-playing. I seldom pay attention to the world around me. I need to gather data through my all of my senses more often.</p> | <p>I am oblivious to textures, patterns, sounds, and colors around me. I am reluctant to touch and get my hands dirty. I don't participate in role-playing; I only want to describe it. I operate within a narrow range of sensory problem solving strategies.</p>           |
| <p><b>11.</b><br/><b>Creating, Imagining, and Innovating</b></p>   | <p>I challenge myself to think of original, ingenious, and creative products, solutions, and techniques. I like to look at alternative possibilities from many angles. I am open to constructive criticism. I start with a vision and work backwards.</p>   | <p>Sometimes I think of original, ingenious, and creative products, solutions, and techniques. I sometimes like to look at alternative possibilities from many angles. I am frequently open to constructive criticism. I should start being more visionary.</p>   | <p>I seldom think of original, ingenious, and creative products, solutions, and techniques. I seldom like to look at alternative possibilities from many angles. I am not really open to constructive criticism. I am not visionary.</p>  | <p>I am not creative. I think creative people are just born that way. I have difficulty seeing more than one solution to a problem. I don't consider alternative possibilities.</p>  |
| <p><b>12.</b><br/><b>Responding with Wonderment and Awe</b></p>  | <p>I enjoy figuring things out by myself. I challenge myself to be a lifelong learner. I am curious about the world around me. I have fun looking for problems to solve and I am passionate about learning. I find the world awesome, mysterious, and intriguing.</p>   | <p>Sometimes I enjoy figuring things out by myself. Sometimes I challenge myself to enjoy learning. I am frequently curious about the world around me. Sometimes I have fun looking for problems to solve and sometimes I enjoy learning. I don't really find the world awesome, mysterious, and intriguing.</p>  | <p>I seldom enjoy figuring things out by myself. I seldom challenge myself to enjoy learning. I am not very curious about the world around me. I seldom have fun looking for problems to solve and I am not passionate about learning. I seldom find the world awesome, mysterious, and intriguing.</p>   | <p>I perceive thinking as hard work. I am turned off to learning. I avoid challenging classes and I often think, "When am I ever going to use this stuff?" I am bored. I avoid any challenges. I am passive in class and I tune everything out.</p>                          |
| <p><b>13.</b><br/><b>Taking Responsible Risks</b></p>  | <p>I take educated and responsible risks. I am not impulsive. I have an urge to go beyond established limits. I am challenged by the process of finding the answer. I view setbacks as interesting, challenging, and as an opportunity for growth. I like to venture out and try new experiences.</p>   | <p>I sometimes take educated and responsible risks. I am not very impulsive. Sometimes I have an urge to go beyond established limits. I am somewhat challenged by the process of finding the answer. Sometimes I view setbacks as interesting, challenging, and as an opportunity for growth.</p>  | <p>I seldom take educated and responsible risks. I am kind of impulsive. I seldom have an urge to go beyond established limits. I am not very challenged by the process of finding the answer. I don't view setbacks as interesting, challenging, or as an opportunity for growth.</p>  | <p>I have a fear of failure. I hold back and miss opportunities. I am more interested in knowing whether an answer is correct or not, not in the process of finding the answer. I avoid ambiguous situations and have a need for certainty. I don't like to venture out.</p> |

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| <p><b>14.</b><br/><b>Finding Humor</b></p>                         | <p>I appreciate and understand humor. I am able to laugh at myself. I have the ability to perceive situations from an original and interesting vantage point. I am verbally playful and I enjoy absurdity, irony, and satire. People say I have a sense of humor. I challenge myself to find the whimsical and unexpected.</p> | <p>Sometimes I appreciate and understand humor. I frequently am able to laugh at myself. I sometimes have the ability to perceive situations from an original and interesting vantage point. I am kind of verbally playful and I sometimes enjoy absurdity, irony, and satire. Sometimes people say I have a sense of humor. I need to work on finding and appreciating the whimsical and unexpected.</p> | <p>I seldom appreciate and understand humor. I am not really able to laugh at myself. I seldom have the ability to perceive situations from an original and interesting vantage point. I am not verbally playful and I don't really enjoy absurdity, irony, and satire. People don't often say I have a sense of humor. I have a hard time finding the whimsical and unexpected.</p> | <p>I find humor in all the wrong and inappropriate places such as human differences, violence, dangerous and injurious behavior, ineptitude, and profanity. I am not able to laugh at myself, but I enjoy laughing at others. I am unable to distinguish between situations which demand compassion and those that are truly funny.</p> |
| <p><b>15.</b><br/><b>Thinking Interdependently</b></p>             | <p>I am sensitive to the needs of others. I realize that many people working together on a team are more powerful intellectually and/or physically. I have a heightened ability to think in concert with others. I am a team player. I am able to work and learn from others.</p>  | <p>Sometimes I am sensitive to the needs of others. I frequently realize that many people working together on a team are more powerful intellectually and/or physically. Sometimes I have a heightened ability to think in concert with others. Sometimes I consider myself to be a team player.</p>  | <p>I am seldom sensitive to the needs of others. I don't often realize that many people working together on a team are more powerful intellectually and/or physically. I don't have a heightened ability to think in concert with others. I am not really a team player.</p>   | <p>I am unable to contribute to group work. I am not a team player. I am not open and willing to accept feedback. I prefer isolation and solitude. I am either a job hog or I let others do all the work.</p>   |
| <p><b>16.</b><br/><b>Remaining Open to Continuous Learning</b></p> | <p>I challenge myself to always be open to learning and be a lifelong learner. I constantly search for new and better ways and I enjoy exploring alternatives. I admit when I don't know something and strive to learn. I view problems as valuable opportunities to learn. I have so much to learn!</p>                       | <p>Sometimes I challenge myself to be open to learning. I frequently search for new and better ways and I sometimes enjoy exploring alternatives. Sometimes I admit when I don't know something. I need to recognize problems as opportunities to learn.</p>  | <p>I seldom challenge myself to be open to learning. I seldom search for new and better ways and I don't really enjoy exploring alternatives. I don't like to admit when I don't know something. I seldom view problems as valuable opportunities to learn.</p>  | <p>I would rather just give an answer than explore alternatives and inquire. I am certain I know every answer and I prefer one correct answer. I am not curious and open-minded. I confront learning with fear and I am not a lifelong learner.</p>   |

## Reflection Questions



1. In what Habits of Mind do you excel?
2. In what Habits of Mind could you improve?
3. What have you learned about yourself from this Habits of Mind self-assessment?