

Macro Level / Meta

AWARENESS	
<ul style="list-style-type: none"> ● Efficacious thinkers are metacognitive; they think about their thinking, monitor their performance and reflect on their experiences. ● Efficacious thinkers deliberately invoke (call upon, apply) specific Habits of Mind to enhance their thinking and actions for particular situations. 	<p><i>Which Habits of Mind might be appropriate in this situation?</i></p>
CAPACITIES	
<ul style="list-style-type: none"> ● Efficacious thinkers employ a range of strategies, tactics and tools to maximize their Habits of Mind. ● Efficacious thinkers select appropriate HOM strategies, tactics and tools for a given situation. 	<p><i>Which Habits of Mind strategies, tactics and tools are best in this situation?</i></p>
ALERTNESS	
<ul style="list-style-type: none"> ● Efficacious thinkers are alert for opportunities to draw upon the HOMs. They use environmental cues to determine which HOMs are most appropriate in given situations. 	<p><i>What cues alert me to the need for drawing upon the HOMs?</i></p>
VALUE	
<ul style="list-style-type: none"> ● People who apply HOMs enhance their personal effectiveness and contribute to the effectiveness of others. 	<p><i>How might using the HOMs be beneficial in various situations?</i></p>
COMMITMENT	
<ul style="list-style-type: none"> ● A person never fully “masters” a Habit of Mind. Efficacious thinkers are committed to continually striving to improve their use. ● People can advocate for and help others learn and make use of HOMs. 	<p><i>How might I advocate for and help others improve their use of HOMs?</i></p>

Habit of Mind	Understandings	Essential Questions
<p>1. Persisting</p>	<p>People have a better chance of completing a task if they are focused on what they want, what they have to do, the time they have to get it done, and a plan for how they will achieve it.</p> <p>Instead of giving up, people who persist apply strategies to help them stick with it.</p> <p>People need to decide whether persisting is worth pursuing. They understand the benefits and recognize the value of persisting.</p>	<p><i>Why should I keep trying? What should I do when I get stuck?</i></p> <p><i>Why is it so important that I work to complete this task?</i></p> <p><i>What are the consequences if I do or do not complete the task?</i></p> <p><i>Would my time and efforts be better applied elsewhere? Is this worth my persistence?</i></p>
<p>2. Managing Impulsivity</p>	<p>The ability to manage one’s impulses can be improved through being deliberate about actions and reflecting on experiences over time.</p> <p>Instead of acting or responding immediately, effective thinkers control their emotions, deliberate and consider the consequences of alternative actions.</p> <p>Efficacious thinkers understand the benefits and recognize the value of managing their impulsivity.</p>	<p><i>Why and when should I take time to think before I act?</i></p> <p><i>What is my strategy for this challenge?</i></p> <p><i>What do I do when I am driven by my emotions?</i></p> <p><i>How might I recognize my emotional state and manage my response?</i></p>

<p>3. Listening with Understanding and Empathy</p>	<p>Empathic listeners pay attention not just to the words but also to non-verbals (e.g., tone, facial expression, body language) to better understand the speaker's ideas and emotions.</p> <p>The ability to listen to another person with understanding requires withholding judgement, empathizing with another's perspective, and opening your mind for deeper learning.</p>	<p><i>What am I paying attention to while I am listening? How might my biases influence what I hear?</i></p> <p><i>Am I understanding the other person's point of view and correctly recognizing his or her feelings or emotions?</i></p> <p><i>How might it feel to be....?</i></p>
<p>4. Thinking Flexibly</p>	<p>Flexible thinkers' minds are open to change based on additional information or reasoning, even if these challenge their beliefs.</p> <p>Flexible thinkers are willing to suspend conscious effort and allow their subconscious to continue productive work.</p> <p>Thinking flexibly is part attitude (openness to new idea) and part action (knowing how and when to expand our horizons and use ideas and information).</p>	<p><i>In what other ways might I think about this? What is another perspective? Whose "story" is this?</i></p> <p><i>What else might I try when I get stuck? How does stepping back and looking at the big picture (the whole) open my mind to new ideas?</i></p> <p><i>When and why should I change my thinking and my actions?</i></p>
<p>5. Thinking about Thinking</p>	<p>Efficacious thinkers set goals, regularly monitor their thinking, self-assess, and make needed adjustments.</p>	<p><i>How am I thinking about this?</i></p> <p><i>What kind of thinking will be called for in this situation?</i></p> <p><i>How effective is the strategy that I am using? What changes might be needed?</i></p> <p><i>Did my efforts succeed? What could I have done differently?</i></p>

<p>6. Striving for Accuracy</p>	<p>The degree of accuracy and precision needed varies with the situation.</p> <p>People who strive for accuracy seek truths in order to reach a worthy standard.</p> <p>Efficacious thinkers work on continually perfecting their craft.</p>	<p><i>Why does accuracy in this situation matter?</i></p> <p><i>What are the criteria I am using to judge the veracity of this work?</i></p> <p><i>How can I continue to perfect my craft?</i></p>
<p>7. Questioning and Problem Posing</p>	<p>Efficacious problem solvers take the time to try to understand and frame a problem before rushing to identify solutions.</p> <p>Efficacious problem solvers ask questions to distinguish symptoms and root causes.</p> <p>Efficacious problem solvers know how to ask questions to fill in the gaps between what they know and what they don't know.</p>	<p><i>Why does this problem exist and need solving?</i></p> <p><i>What is the real problem here? (Symptom or cause?)</i></p> <p><i>What questions do we need to ask?</i></p>
<p>8. Applying Past Knowledge to New Situations</p>	<p>Efficacious people learn from experience. They use their store of knowledge and experience to address new situations.</p>	<p><i>What do I already know? How does what I know apply here?</i></p> <p><i>How might I transfer what I have learned to another situation?</i></p> <p><i>How can my past experiences help me in the future?</i></p>
<p>9. Finding Humor</p>	<p>When people develop a whimsical frame of mind, they can find incongruity and perceive absurdities, ironies and satire.</p> <p>In a safe environment, we can observe discontinuities that make us laugh at ourselves.</p> <p>Humor and self-deprecation can defuse tensions and win friends.</p>	<p><i>What's funny about _____ ?</i></p> <p><i>What do I notice that is humorous about this situation?</i></p> <p><i>When and how can humor be helpful?</i></p> <p><i>Am I taking myself too seriously?</i></p> <p><i>How might I lighten up about myself?</i></p>

<p>10. Thinking and Communicating with Clarity and Precision</p>	<p>Communication is successful when the intended message was completely understood.</p> <p>Precise thinking and language contributes to a clearer message.</p> <p>One's language should fit the purpose and audience of a communication.</p> <p>Imprecise thinking and language can lead to misunderstanding.</p>	<p><i>How will I know if I am being understood?</i></p> <p><i>How will I check for understanding?</i></p> <p><i>How should I adjust my language to best fit my purpose and audience?</i></p> <p><i>What are consequences of imprecision?</i></p>
<p>11. Gathering Data Through All Senses</p>	<p>Information can be received from external and internal sources.</p> <p>Gathering data from multiple sources can enhance understanding.</p>	<p><i>What sources of data should I consider?</i></p> <p><i>How do I take notice of what I am observing in the environment?</i></p>
<p>12. Creating, Imagining, and Innovating</p>	<p>When people think creatively they imagine what could be rather than only what is.</p> <p>When people are creative, they try to conceive problem solutions differently, examining alternative possibilities from many angles.</p> <p>The act of creation is a constant pursuit of striving for greater perfection.</p>	<p><i>What is possible?</i></p> <p><i>How do I come up with ideas?</i></p> <p><i>What is another way of seeing/doing this?</i></p> <p><i>What works? What doesn't?</i></p> <p><i>How could I improve this _____?</i></p>
<p>13. Responding with Wonderment and Awe</p>	<p>When people notice something special in their surroundings, they often become curious, perplexed, or amazed by what they observe.</p> <p>One can find something interesting or valuable in almost any situation.</p>	<p><i>What am I noticing that makes me wonder?</i></p> <p><i>Why is this so amazing, interesting, or mysterious to me?</i></p> <p><i>What feelings does this experience generate in me?</i></p>

<p>14. Taking Responsible Risks</p>	<p>Risk taking situations require a leap into the unknown. They are typically complex and nuanced, requiring tolerance for ambiguity.</p> <p>All risks are not worth taking. When taking a risk, we need to assess the situation and use prior knowledge to inform potential actions.</p>	<p><i>How will I judge if a risk is worth taking?</i></p> <p><i>What might be the effects of taking this risk?</i></p> <p><i>What might be the impact of not trying?</i></p>
<p>15. Thinking Interdependently</p>	<p>When working productively with others, people need to present and justify their ideas, and test the feasibility of possible solutions and strategies as they work toward a common goal.</p> <p>As people collaborate and remain open to other’s perspectives, their thinking can be enhanced by the interchanges with others.</p> <p>Working with others can be productive; however, “group think” can be limiting.</p>	<p><i>How can we work best together?</i></p> <p><i>How can I best contribute to this group?</i></p> <p><i>How am I affecting the group?</i></p> <p><i>How is the group affecting me?</i></p> <p><i>How can we avoid “group think”?</i></p>
<p>16. Remaining Open to Continuous Learning</p>	<p>People who are inquisitive, thoughtful, and confident are open to searching for new or better ways to solve problems, understand ideas, and resolve tensions and uncertainties.</p>	<p><i>What motivates me to keep learning?</i></p> <p><i>What do I still wonder about?</i></p> <p><i>How will I remain open to new ideas? or new learning?</i></p>

