

1. Persisting



Stick to it!

Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.

2. Managing Impulsivity



Take your time!

Thinking before acting; remaining calm, thoughtful and deliberative.

3. Listening with Understanding and Empathy



Understand others!

Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.

4. Thinking Flexibly



Look at it another way!

Being able to change perspectives, generate alternatives, consider options.

5. Thinking About Your Thinking (Metacognition)



Know your Knowing!

Being aware of your own thoughts, strategies, feelings and actions and their effects on others.

6. Striving for Accuracy



Check it again!

Always doing your best. Setting high standards. Checking and finding ways to improve constantly.

7. Questioning and Posing Problems



How do you know?

Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.

8. Applying Past Knowledge to New Situations



Use what you learn!

Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.

9. Thinking & Communicating with Clarity and Precision



Be clear!

Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.

10. Gathering Data Through All Senses



Use your natural pathways!

Pay attention to the world around you. Gather data through all the senses, taste, touch, smell, hearing and sight.

11. Creating, Imagining, and Innovating



Try a different way!

Generating new and novel ideas, fluency, originality

12. Responding with Wonderment and Awe



Become intrigued!

Finding the world awesome, mysterious and being intrigued with phenomena and beauty.

13. Taking Responsible Risks



Venture out!

Being adventuresome; living on the edge of one's competence. Try new things constantly.

14. Finding Humor



Laugh a little!

Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.

15. Thinking Interdependently



Work together!

Being able to work in and learn from others in reciprocal situations. Teamwork.

16. Remaining Open to Continuous Learning



Learn from experiences!

Having humility and pride when admitting we don't know; resisting complacency.

