

Habits of Mind:

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Based on the work of Arthur L. Costa and Bena Kallick

What are Habits of Mind

- Positive learning attributes
- 16 Characteristics of what successful people do when confronted with problems
- Habits that produce success in school, work, and life
- Behaviors drawn from research on the characteristics of effective individuals

Habits of Mind

- Persisting
- Managing Impulsivity
- Listening with Empathy and Understanding
- Thinking Flexibly
- Metacognition
- Striving for Accuracy
- Questioning and Posing Problems
- Applying past knowledge to new situations
- Thinking and Communicating clearly and precisely

Habits of Mind

- Gathering data through all senses
- Creating, Imagining, Innovating
- Responding with wonderment and awe
- Taking Responsible Risks
- Finding Humor
- Thinking Interdependently
- Remaining open to Continuous Learning

Plan for Tonight

- Describe 5 of those habits of mind
- Share strategies for ways you can help your child develop these habits

Persisting

Efficient problem-solvers:

- Persevere, even when the solution is not readily apparent.
- Have a wide range of problem-solving strategies.

Things you may notice when a child is struggling to persist

- “I can’t do this.”
- “It’s too hard!”
- They may lack the ability to analyze a problem, or develop a strategy to approach the problem.

How can you help your child learn Persistence?

- Remind your child of past successes
- When not successful the first time, try a different way
- Give examples of people who demonstrate persistence
- Encourage effort and practice, more than accomplishment
- Take a break and try again later
- Model positive self-talk

Managing Impulsivity

Successful people know how to monitor their own impulses and resist jumping to conclusions.

Children often...

- Blurt out the first idea that comes to mind
- Take the first suggestion given
- Don't consider alternatives or consequences

How can you help your child learn to manage impulsivity?

- Anticipate times/places your child is likely to be impulsive.
- Review the rules beforehand
- Help them learn from impulsive experiences.
- Review strategies to mitigate impulsive behaviors.
- Model self-control

Listening to Others with Empathy and Understanding

Successful people listen to others. They empathize with, and strive to understand, other people's points of view.

Listening to Others with Empathy and Understanding

- Some children laugh at, or put down other's idea. They are unable to consider, or build upon, the merits of another person's ideas.
- Listening with empathy and understanding is a skill that can be taught

What can parents do to improve listening with empathy and understanding?

- Ask your child to paraphrase others' ideas or feelings.
- Suggest trying out an idea or building upon another's idea
- Teach your child whole body listening
- Read together
- Model empathic listening in your own conversations

Thinking Flexibly

Successful people consider alternative points of view.

Sometimes, children make up their minds and they resist being influenced by reasoning that contradicts their thinking. They avoid ambiguity.

How can parents help children think flexibly?

- Changes in schedule
- Encourage different ways to solve a problem
- Use language that promotes flexible thinking
- Ask them to take on a different role/perspective
- Engage in tasks/activities/games that develop flexible thinking
- Model flexible thinking

Thinking about Thinking (Metacognition)

Successful people are aware of themselves - their own thoughts, actions, values and their effects on others.

Thinking about Thinking (Metacognition)

Children...

- Are unaware of their thinking while they are thinking.
- Seldom plan for, reflect on, or evaluate the quality of their thinking.
- When asked how they solved a problem, they may reply, “I don’t know; I just did it.”

How can parents help children improve their metacognitive skills?

- Ask your child to explain how he/she solved a problem or completed a task (e.g. “Wow! Tell me how you did that.”)
- If needed, share what you noticed about how they solved the problem or a strategy they used
- Teach your child to plan, monitor, and evaluate
- Model your own metacognition --think aloud

Explore other Habits of Mind

Arthur L. Costa & Bena Kallick, Leading and Learning with Habits of Mind (2008)