

Life & Learning Habits of Mind (adapted from How Children Succeed, by Paul Tough) These are traits to have more of by the end of this class; traits that lead to success in school and life.

1. **Integrity**: being truthful and honest and doing what you're expected to do even if no one is watching or making you.
 - ➔ doing very well what you do;
 - ➔ doing it as it was meant to be done or better, and without cutting corners;
 - ➔ doing complete work.
2. **Positive thinking (optimism)**: being someone who generates positive energy & optimism.
 - ➔ Actively participates
 - ➔ Shows effort and enthusiasm to learn
 - ➔ Gets over frustrations and setbacks effectively
 - ➔ Believes that effort will improve his or her future
3. **Self awareness and self-directedness**: being self-disciplined, aware, and purposeful
 - ➔ Comes to class prepared
 - ➔ Focuses on work (at least 80% of the time) and uses class time productively
 - ➔ Recognizes one's strengths and areas for improvement
 - ➔ Takes constructive criticism and makes changes as necessary
4. **Curious and contributing**: taking an interest in experiencing and learning new things for its own sake (not simply for a grade)
 - ➔ Is eager to explore new things
 - ➔ Asks and answers questions to deepen understanding
 - ➔ Actively listens to others
5. **Grit**: finishing what one starts; completing something despite obstacles; a combination of persistence and resilience.
 - ➔ Finishes what he or she begins
 - ➔ Tries hard even after experiencing failure
 - ➔ Works independently with focus
 - ➔ Shows grit but also maintains a healthy balance and give and take when there are a variety of demands

