



### 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 problem posing

*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

*Have fun figuring it out!*

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. Team work.



### 16. Remaining open to continuous learning

*Learn from experiences!*

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