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Habits of Mind

Two educators, Bena Kallick and Arthur Costa came up with the Habits of Mind, to help their students become better learners. The ideas behind Habits of Mind are that all students, no matter what type of learner, should have certain habits when approaching learning. Costa and Kallick define Habits of Mind as a combination of many skills, attitudes, strategies, and past experiences that enable a student to possess the behaviors of an effective learner. They encourage teachers to use the Habits of Mind as a way to have students produce new knowledge, rather than reproduce it. Students become problem solvers, and start to use *persistence, flexibility, accuracy, empathy and precision* when thinking and learning new knowledge. Students who master these habits produce work that is more powerful and of higher quality. There are sixteen (16) Habits of Mind.

1. **Persistence:** Stick to it, see a task through to completion, and remain focused.
2. **Managing Impulse:** Take your time, think before you speak or act, remain calm, thoughtful, and deliberate.
3. **Listening with Understanding and Empathy:** Seek to understand others, devote mental energy to another person's thoughts and ideas, hold own thoughts in abeyance so you can better perceive another person's point of view and emotions.
4. **Thinking Flexibly:** Look at a situation another way, find a way to change perspectives, generate alternatives and consider options.
5. **Thinking about Thinking (Metacognition):** Know your knowing, be aware of your own thoughts, strategies, feelings, and actions – and how you learn.
6. **Striving for Attention to Detail:** Check it again, proofread, nurture a desire for exactness.
7. **Questioning and Posing Problems:** How do you know? Develop a questioning attitude, consider what data is needed, and chose strategies to produce that data. Identify problems and propose solutions.
8. **Applying Past Knowledge to New Situations:** Use what you learn, access prior knowledge, transfer that knowledge beyond the situation in which it was learned. Make connections.
9. **Thinking and Communicating with Clarity and Precision:** Be clear. Strive for accurate communication in both written and oral form, avoid overgeneralizations, distortions, and deletions.

10. **Gathering Data Using Different Strategies:** Gather data through your natural learning pathways: tactile, auditory and visual.
11. **Being Creative, Imaginative and Innovative:** Try a different way, generate novel ideas and seek fluency and originality, think out of the box.
12. **Responding With Interest and Wonder:** Let yourself be intrigued by the world, take the next step and expand upon a topic on your own.
13. **Taking responsible risks:** Venture out, live on the edge of your competence; do not be afraid to do something new.
14. **Finding Humor:** Laugh a little, be able to identify humor and sarcasm, laugh at yourself when you can.
15. **Thinking Interdependently:** Work together. Do your part. Truly work with and learn from others in reciprocal situations.
16. **Remaining Open to Continuous Learning:** Learn from experiences, be proud – but humble enough - to admit you do not know. Resist complacency, remain an active learner.