

Habits of Mind for N.E.R.A.

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What are the Habits of Mind?

Habits of Mind are a set of thinking dispositions at the core of social, emotional, and cognitive behaviors. These Habits help us respond intelligently and empathically when confronted with problem situations, conflicts, and uncertainties the resolution to which are not immediately apparent.





Thinking About Your Thinking (Metacognition)

Know your Knowing!

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



Persisting

Stick to it!

Persevering with a task through to completion; remaining focused. Searching for ways to reach your goal when stuck. Not giving up.



Managing Impulsivity

Take your time!

Thinking before acting; remaining calm, thoughtful and deliberative.



Striving for Accuracy

Check it again!

Doing your best. Setting high standards. Fact checking and finding ways to improve.



Listening with Understanding and Empathy

Understand others!

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



Thinking Flexibly

Look at it another way!

Being able to change perspectives; generating alternatives; considering options.



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.



Thinking Interdependently

Work together!

Working with and learning from others in reciprocal situations. Teamwork.



Thinking & Communicating with Clarity and Precision

Be clear!

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



Applying Past Knowledge to New Situations

Use what you learn!

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



Gathering Data Through All Senses

Use your natural pathways!

Paying attention to the world around you. Gathering data through all the senses: Sight, Sound, Smell, Taste, and Touch.



Creating, Imagining, and Innovating

Try a different or new way!

Generating possibilities; playing with new ideas.



Taking Responsible Risks

Venture out!

Being adventuresome; living on the edge of your competence.



Finding Humor

Laugh a little!

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



Responding with Wonderment and Awe

Become intrigued!

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



Remaining Open to Continuous Learning

Learn throughout your lifetime!

Having humility and admitting when you don't know and are curious to find out. Resisting complacency.



Please post using the chat feature.

Which of these habits have you employed to navigate challenges of the pandemic?



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Neuroscientific Basis

Innate Human Drives	HoMs
Curiosity	Questioning and posing problems
Socialization	Thinking interdependently
Learning	Remaining open to continuous learning
Consciousness	Metacognition
Creativity	Creating, imagining & innovating, thinking flexibly
Efficacy	Striving for accuracy, thinking and communicating with clarity and precision

A small green seedling with several leaves is growing out of a crack in a dark, textured rock surface. The background is a soft, out-of-focus light blue and white. The seedling is positioned on the left side of the frame, and its growth is highlighted by the contrast with the dark rock.

Neuroscientific Basis

Cognitive modifiability (auto-plasticity)

- Our intelligence can continue to grow and develop throughout a lifetime. (Feuerstein, 2015)



Neuroscientific Basis

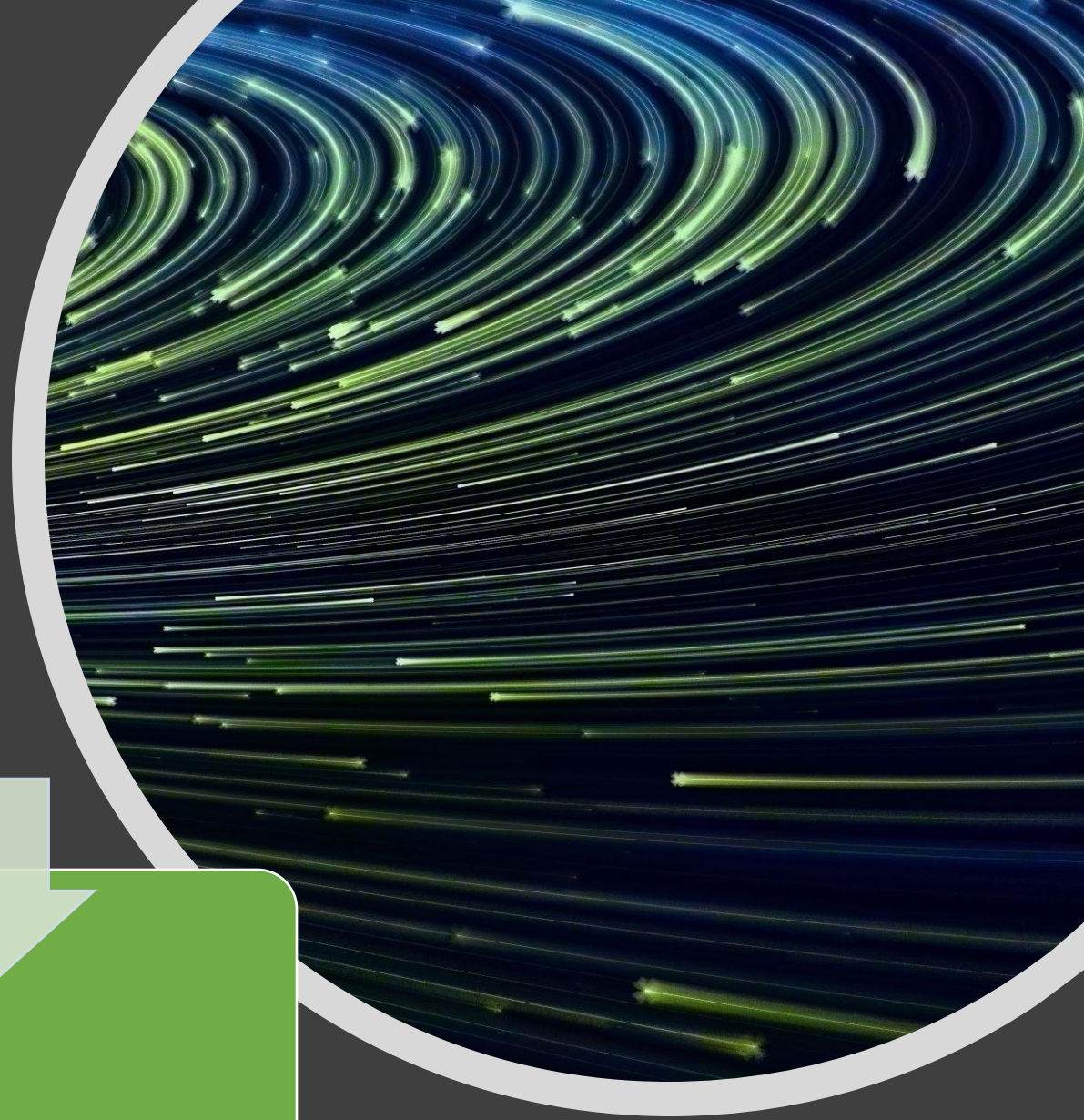
- Attention Density:
- Focusing long enough, intensely enough, and often enough on an idea or behavior—can change neural pathways and brain circuitry (Rock & Swartz, 2006).

HoM & SEL

Noticing is key.

When challenged with the task, the whole brain is engaged.

We become aware of our emotional state when we are required to complete a task. We are actually constructing our emotions when we succeed and when we give up (Barrett 2020).



DENNIS THE MENACE / KETCHAM



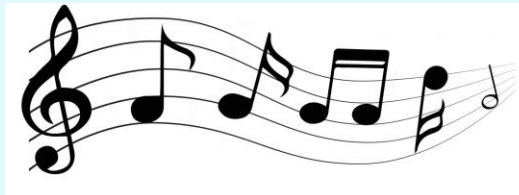
"THINKING IS WHEN YOUR MOUTH STAYS SHUT
AND YOUR HEAD KEEPS TALKING TO ITSELF."

Metacognition

- Looking inside your own mind to see what's going on in there.
- Paying attention to the pictures inside your head, the thoughts in your mind, the emotions you experience and the feelings in your body.
- Seeing into someone else's mind and trying to see from their point of view.



What Metacognition Looks Like/Sounds Like



- Self-talk (Inner dialogue)
- Self-Questioning
- Inner-coaching
- Mental rehearsal
- Audiating (Inner humming)

What's going
on inside
their heads?



Research indicates that metacognition is one of the most significant factors for supporting student achievement. However, studies suggest this is not being explicitly taught in most classrooms.

M.A. Conyers and D.L. Wilson *Brainsmart*, 2016

How do we teach dispositions?

*A triadic theory
(Perkins, Jay and
Tishman 1993)*

Sensitivity - the perception of the appropriateness of a particular behavior

Inclination - the felt impetus toward a behavior

Ability - the basic capacity to follow through with the behavior

Listening with Understanding and Empathy

Understand others!

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



How do we improve our skills by listening with thoughtful intention?

- Pause
- Paraphrase
- Probe



Pause by:

Allowing

- Allowing for silence for a few seconds

Making

- Making certain that the other person has finished their thoughts





Pause with Wait Time

After having asked a question, the average teacher waits 1 second before either calling on a student, asking another question or answering the question him/herself.”

Rowe, M. B. "Wait Time and Rewards as Instructional Variables: Their Influence on Language, Logic and Fate Control. *Journal of Research, in Science Teaching* 11, 2: 81-84. (Spring 1974).

Value of paraphrasing



Let's others know that you are truly listening

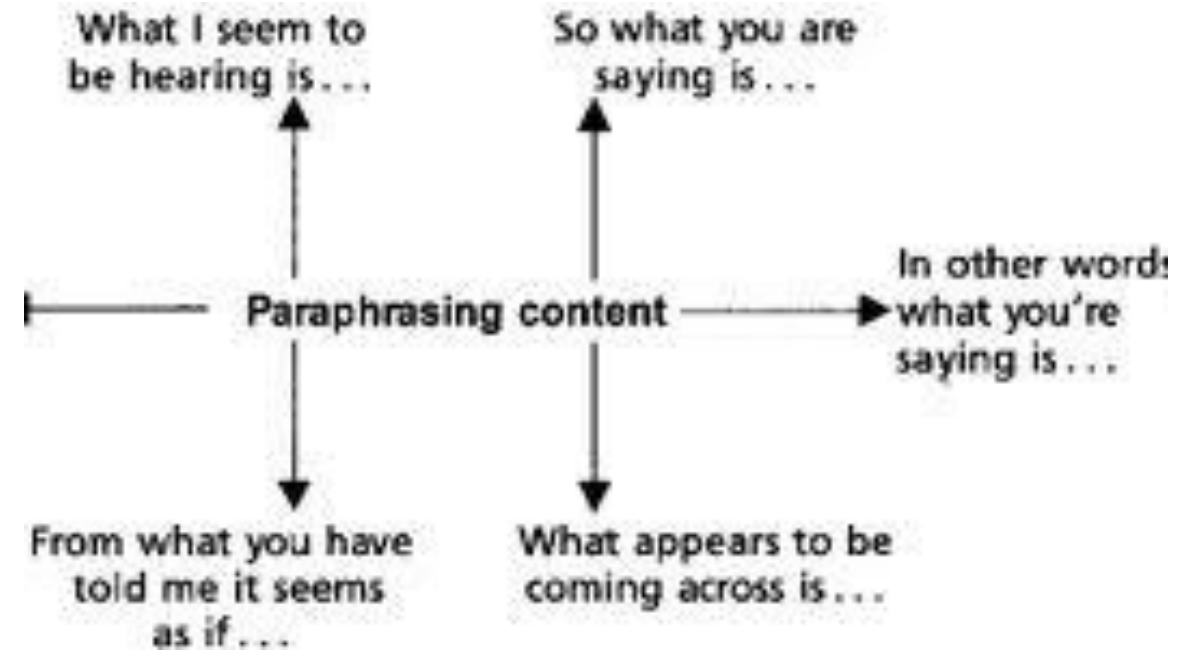
Affirms your understanding

Asks them to consider whether they said what they really meant to say

Helps you to step inside their perspective

Builds trust

Paraphrase by saying:



Value of probing

Helps increase the clarity of the other person's thinking

Checks for an understanding of the other person's use of specific terminology

Provides an opportunity to deepen their thinking

Demonstrates your interest in their ideas



Possible question starters to probe:

What if... ?

What alternatives might be... ?

What are some connections you
might make to... ?

What are some possibilities you
might consider to... ?

When you use the listening skills to empathize you:

- *Build your relationship by putting the spotlight on the other person*
- *Recognize and are sensitive to different frames of reference*





Breakout: 10 minutes

Focus Question: When interacting in a virtual setting, what are the dispositions you are calling on for *yourself* and others?

Please post using the chat feature.

What effects did you notice in your conversations when using the three P's?



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Building an Efficacious Culture with HOM

 <p>Thinking About Your Thinking (Metacognition)</p> <p><i>Know your Knowing!</i></p> <p>Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p>Persisting</p> <p><i>Stick to it!</i></p> <p>Persevering with a task through to completion; remaining focused. Searching for ways to reach your goal when stuck. Not giving up.</p>	 <p>Managing Impulsivity</p> <p><i>Take your time!</i></p> <p>Thinking before acting; remaining calm, thoughtful and deliberative.</p>	 <p>Striving for Accuracy</p> <p><i>Check it again!</i></p> <p>Doing your best. Setting high standards. Fact checking and finding ways to improve.</p>
 <p>Listening with Understanding and Empathy</p> <p><i>Understand others!</i></p> <p>Devoting mental energy to another person's thoughts and ideas. Making an effort to perceive another's point of view and emotions.</p>	 <p>Thinking Flexibly</p> <p><i>Look at it another way!</i></p> <p>Being able to change perspectives; generating alternatives, considering options.</p>	 <p>Questioning and Posing Problems</p> <p><i>How do you know?</i></p> <p>Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p>Thinking Interdependently</p> <p><i>Work together!</i></p> <p>Working with and learning from others in reciprocal situations. Teamwork.</p>
 <p>Thinking & Communicating with Clarity and Precision</p> <p><i>Be clear!</i></p> <p>Striving for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p>Applying Past Knowledge to New Situations</p> <p><i>Use what you learn!</i></p> <p>Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>	 <p>Gathering Data Through All Senses</p> <p><i>Use your natural pathways!</i></p> <p>Paying attention to the world around you. Gathering data through all the senses: Sight, Sound, Smell, Taste, and Touch.</p>	 <p>Creating, Imagining, and Innovating</p> <p><i>Try a different or new way!</i></p> <p>Generating possibilities; playing with new ideas.</p>
 <p>Taking Responsible Risks</p> <p><i>Venture out!</i></p> <p>Being adventuresome; living on the edge of your competence.</p>	 <p>Finding Humor</p> <p><i>Laugh a little!</i></p> <p>Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p>Responding with Wonderment and Awe</p> <p><i>Become intrigued!</i></p> <p>Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>	 <p>Remaining Open to Continuous Learning</p> <p><i>Learn throughout your lifetime!</i></p> <p>Having humility and admitting when you don't know and are curious to find out. Resisting complacency.</p>

Attributes of an Efficacious Culture

Common
vocabulary

Social
norming

De-privatized
practice

Leadership

Shared
indicators of
growth

Parents and
community as
partners

Presentations for October session:

October
15 8:50AM-
10:50AM EST

The Impact of Habits of Mind: An Exploratory Study Julio Vasquez

The Relationship Between Habits of Mind and Performance Task Achievement in an International School in South-east Asia Philip G. Muscott

STAR: Supporting Teachers as Researchers (Fostering data-informed reflection in a pandemic) Priscila Torres and Damian Bebell

Please post using the chat feature.

Share an insight you have gained from this presentation.



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Parting Thought

The ultimate outcomes of internalizing the Habits of Mind are optimism, confidence and hope.

