



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.