

**Persisting**

Stick to it! Persevering in a task through completion; remaining focused; looking for ways to reach your goal when stuck; not giving up.

**Managing impulsivity**

Take your time! Thinking before acting; remaining calm, thoughtful, and deliberative.

**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, generate alternatives, consider options.

**Thinking about your thinking (metacognition)**

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

**Striving for accuracy**

Check it again! Always doing your best; setting high standards; checking and finding ways to improve constantly.

**Questioning and posing problems**

How do you know? Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data; finding problems to solve.

**Applying past knowledge to new situations**

Use what you learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.

**Thinking and communicating with clarity and precision**

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

**Gathering data through all senses**

Use your natural pathways! Paying attention to the world around you; gathering data through taste, touch, smell, hearing, and sight.

**Creating, imagining, and innovating**

Try a different way! Generating new and novel ideas, fluency, originality.

**Responding with wonderment and awe**

Have fun figuring it out! Finding the world awesome and mysterious; being intrigued with phenomena and beauty.

**Taking responsible risks**

Venture out! Being adventurous; living on the edge of your competence; trying new things constantly.

**Finding humor**

Laugh a little! Finding the whimsical, incongruous, and unexpected; being able to laugh at yourself.

**Thinking interdependently**

Work together! Being able to work with and learn from others in reciprocal situations; working in teams.

**Remaining open to continuous learning**

I have so much more to learn! Having humility and pride when admitting you don't know; resisting complacency.