

## Habits of Mind

**The Center for Cognitive Coaching**  
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Habits of Mind are dispositions displayed by intelligent people in response to problems, dilemmas, and enigmas, the resolution of which are not immediately apparent.

1. **Persisting:** *Stick to it!* Persevering in a task through to completion, remaining focused.
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; holding in abeyance one's own thoughts in order 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 one's own thoughts, strategies, feelings and actions and their effects on others.
6. **Striving for Accuracy and Precision:** *Check it again!* A desire for exactness, fidelity and craftsmanship.
7. **Questioning and Problem Posing:** 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.
8. **Applying Past Knowledge to New and Novel Situations.** *Use what you learn!* Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
9. **Thinking and Communicating with Clarity.** *Be clear!* Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions and deletions.
10. **Gathering Data Through All Senses:** *Use your natural pathways!* Gathering data through all the sensory pathways—gustatory, olfactory, tactile, kinesthetic, auditory and visual.
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.
14. **Finding humor:** *Laugh a lot!* Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.
15. **Thinking Interdependently:** *Work together!* Being able to work with and learn from others in reciprocal situations.
16. **Remaining Open to Continuous Learning:** *Learn from experiences!* Having humility and pride when admitting we don't know; resisting complacency