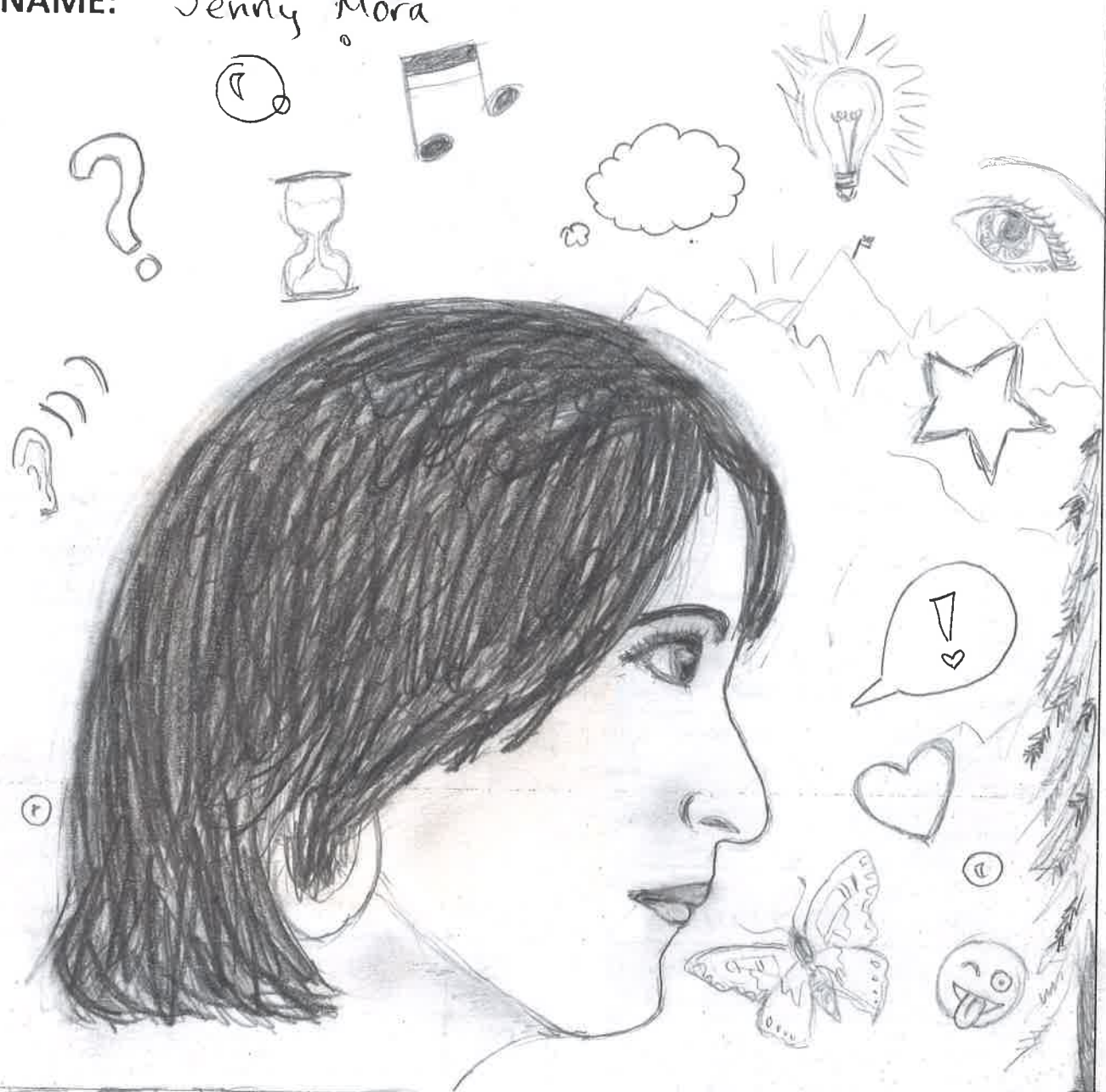


NAME: Jenny Mora



# HABITS of MIND

PERIOD:

Name: Jenny Mora Period: \_\_\_\_\_

Chapter/Topic: 16 Habits of Mind

Left Side (blank)	Page	Right Side (lined)	Page
Stonecutter/cathedral response	1	Learning with HoM	2
quote and visual	3	Persisting	4
Impulsivity Haiku + slogans	5	Managing Impulsivity	6
Mrs. Caldera's Things	7	Listening with Understanding and Empathy	8
Special Shapes	9	Thinking Flexibly	10
Butterfly grid drawing	11	Metacognition / Striving for Accuracy	12

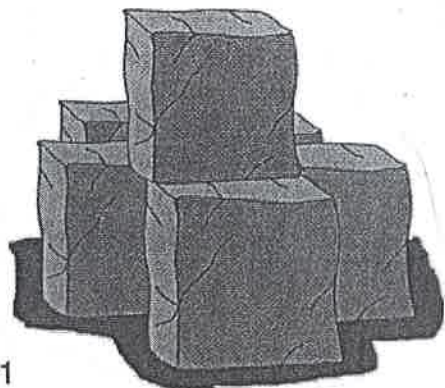
Two stonecutters were asked what they were doing.

The first said, "I'm cutting this stone into blocks."

The second replied, "I'm on a team that's building a cathedral."

## EMPTY ACTION

- monotonous
- no real plan or goal
- not rewarding
- hard work with little sense of accomplishment
- uninspiring
- perseverance
- meaningless



## BIGGER PICTURE

- small steps to a bigger plan (A GRAND VISION)
- part of a community
- work with PURPOSE
- rewarding; assigned meaning
- contributes to team
- ownership
- perseverance
- Imagining



TOPIC: Learning how to Learn	DATE: ESSENTIAL QUESTION: How do you know when you're learning?
Questions/Main Ideas:	Notes:
What are the actions in learning?	
How do I connect P.I.L.O.T.S. to HofM?	
Two students were asked what they were doing.	→ The first said, The second replied,
* How am I going to practice learning?	
Bottom line:	

"The mind is like the stomach. It's not how much you put into it, but how much it digests."

Nothing in the world can take the place of PERSISTENCE. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. PERSISTENCE and determination alone are omnipotent..." - Calvin Coolidge





TOPIC:

Persisting

DATE:

ESSENTIAL QUESTION:

What helps you keep going?

Questions/Main Ideas:

Notes:

PERSIST:

continue firmly in spite of difficulty, opposition or failure.

HOW??

belief in self

the grither the better!!

- use multiple strategies / set a goal

- problem-solving / explore options

- support / be grateful

- flexible thinking (change it up if it's not working)

- growth mindset

- be willing to fail, make mistakes / adapt

- choices / focus on the task now (not past)

- small steps / don't accept limitations

- sustain effort / no excuses

- take breaks but avoid procrastination

prepare

It's not about TALENT, it's about GRIT

takes a break

applies past knowledge / problem solves

finds humor "you wouldn't happen to have a match would you?"

Cast Away - How did Chuck Noland persist? what were his alternatives?

finds support (Wilson)

celebrated success

No fire = slow death

Room of 1000 Demons: How will you keep your feet moving when faced with fear and doubts?

Bottom line: DON'T GIVE UP!

# Haikus about Managing Impulsivity.

Impulsivity  
Is all action and no thought  
Manage it and THINK.

Don't be quick to judge  
Slowly consider options  
Then you move forward

Follow the process  
Patiently face the problem  
Delay your judgement

You only live once  
SO  
Think Twice

**KEEP YOUR**

  
**KEEP  
CALM  
AND  
THINK  
FIRST**



**COOL**

Vasilii Alexandrovich Arkhipov



TOPIC: Managing Impulsivity

DATE: ESSENTIAL QUESTION: Why is it better not to rush in your thinking?

Questions/Main Ideas: Don't Judge Too Quickly why not?

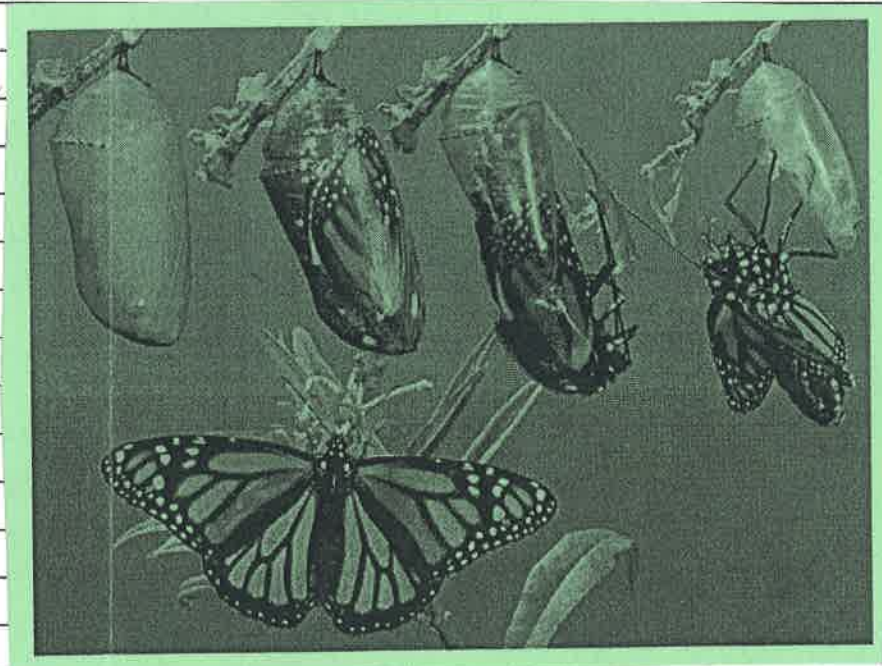
Notes: If you jump to conclusions and don't take the time to clarify and establish the truth you will misjudge and misunderstand.

could make a rough situation worse \*HASTE MAKES WASTE!\* \* counterproductive, ↑ mistakes

MANAGING IMPULSIVITY

- The first idea isn't always the best idea
being reflective
making sure you understand (expectations, directions) before moving forward
make a plan first; approach a problem with a strategy
explore options / consider alternative points of view
avoid being reactive ... take a breath ... consider
delay value judgement (criticizing or praising an idea) until fully understood
think through a couple steps ahead (at least)

When is it important to struggle with a problem rather than get a quick solution?



than

In what circumstances have you tried to RUSH results when PATIENCE would have produced a better outcome?



Bottom line: THINK FIRST!



SLOW DOWN!



TOPIC: Managing Impulsivity

DATE: ESSENTIAL QUESTION: Why is it better not to rush in your thinking?

Questions/Main Ideas: Don't Judge Too Quickly why not?

Notes: If you jump to conclusions and don't take the time to clarify and establish the truth you will misjudge and misunderstand.

... could make a rough situation worse

**HASTE MAKES WASTE!** \*

- counter-productive, ↑ mistakes
- The first idea isn't always the best idea

**MANAGING IMPULSIVITY**

- being reflective
- making sure you understand (expectations, directions) before moving forward
- make a plan first; approach a problem with a strategy
- explore options / consider alternative points of view
- avoid being reactive ... take a breath ... consider
- delay value judgement (criticizing or praising an idea) until fully understood
- think through a couple steps ahead (at least)

learning like the process of the g of a cocoon into fly? 🦋

It is important to struggle rather than rush through a process when -

would have produced a better outcome?



Bottom line: THINK FIRST!

# Mrs. Caldera's House of Things

By Gregory Djanikian

You are sitting in Mrs. Caldera's kitchen,  
you are sipping a glass of lemonade  
and trying not to be too curious about  
the box of plastic hummingbirds behind you,  
the tray of timeless forks at your elbow.

How does Mrs. Caldera feel?  
What is she like?

You have heard about the backroom  
where no one else has ever gone  
and whatever enters, remains,  
refrigerator doors, fused coils,  
mower blades, milk bottles, pistons, gears.

"You never know," she says, rummaging  
through a cedar chest of recipes,  
"when something will come of use."

There is a vase of pencil tips on the table,  
a bowl full of miniature wheels and axles.

Upstairs, where her children slept,  
the doors will not close,  
the stacks of magazines are burgeoning,  
there are snow shoes and lampshades,  
bedsprings and picture tubes,  
and boxes and boxes of irreducibles!

You imagine the headline in the *Literalist Express*:  
House Founders Under Weight Of Past.

But Mrs Caldera is baking cookies,  
she is humming a song from childhood,  
her arms are heavy and strong,  
they have held babies, a husband,  
tractor parts and gas tanks,  
what have they not found a place for?

It is getting dark, you have sat for a long time.  
If you move, you feel something will be disturbed,  
there is room enough only for your body.  
"Stay awhile," Mrs. Caldera says,  
and never have you felt so valuable.



TOPIC:  
Listening with Understanding & Empathy

DATE:  
ESSENTIAL QUESTION: What happens when you REALLY listen?

Questions/Main Ideas:

Notes:

EMPATHY: (noun) the ability to understand and share the feelings of another.

	<u>Empathy</u>	<u>Sympathy</u>
Brend Brown on empathy	<ul style="list-style-type: none"> <li>fuels connection</li> <li>perspective taking</li> <li>staying out of judgement</li> <li>recognizing emotion</li> <li>feeling WITH someone</li> <li>a vulnerable choice</li> <li>a CONNECTION</li> </ul>	<ul style="list-style-type: none"> <li>drives disconnection</li> <li>"At least".... ("silver lining" it)</li> <li>try to make things better / solve problem</li> <li>not a shared feeling</li> <li>response</li> </ul>
and communicating it	<ul style="list-style-type: none"> <li>(joining person so they're not alone)</li> <li>being able to regulate one's own emotional response</li> </ul>	



"I hope that you will listen, but not with the memory of what you already know; and this is very difficult to do. You listen to something, and your mind immediately reacts with its knowledge, its conclusions, its opinions, its past memories. It listens, inquiring for a future understanding.

Just observe yourself, how you are listening, and you will see that this is what is taking place. Either you are listening with a conclusion, with knowledge, with certain memories, experiences, or you want an answer, and you are impatient. You want to know what it is all about, what life is all about, the extraordinary complexity of life. You are not actually listening at all.

You can only listen when the mind is quiet, when the mind doesn't react immediately, when there is an interval between your reaction and what is being said. Then, in that interval there is a quietness, there is a silence in which alone there is a comprehension which is not intellectual understanding.

If there is a gap between what is said and your own reaction to what is said, in that interval, whether you prolong it indefinitely, for a long period or for a few seconds - in that interval, if you observe, there comes clarity. It is the interval that is the new brain. The immediate reaction is the old brain, and the old brain functions in its own traditional, accepted, reactionary, animalistic sense.

When there is an abeyance of that, when the reaction is suspended, when there is an interval, then you will find that the new brain acts, and it is only the new brain that can understand, not the old brain" - Jiddu Krishnamurti

Bottom line: First seek to understand, then be understood.



TOPIC:

Listening with Understanding & Empathy

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ESSENTIAL QUESTION: What happens when you REALLY listen?

Questions/Main Ideas:

Notes:

EMPATHY: (noun) the ability to understand and share the feelings of another.

Brend Brown on empathy

and communicating it

Empathy

Sympathy

- fuels connection
- perspective taking
- staying out of judgement
- recognizing emotion
- feeling WITH someone
- a vulnerable choice
- a CONNECTION (joining person so they're not alone)
- being able to regulate one's own emotional response

- drives disconnection
- "At least".... ("silver lining" it)
- try to make things better/solve problem
- not a shared feeling
- response

Active Listening

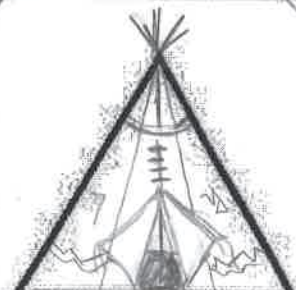
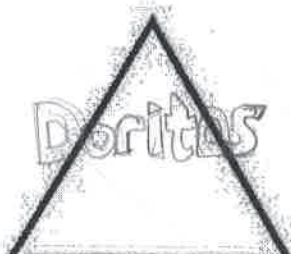
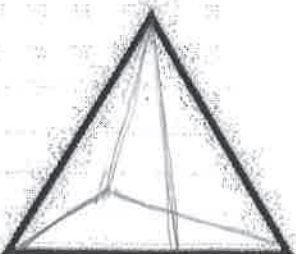
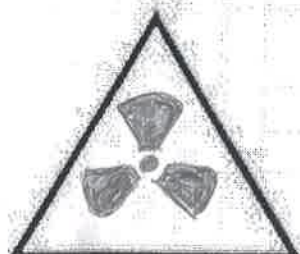
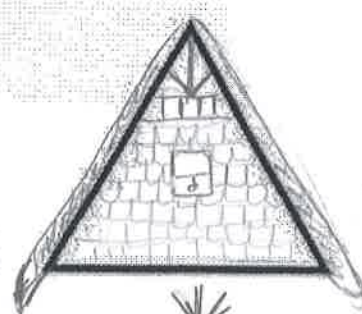
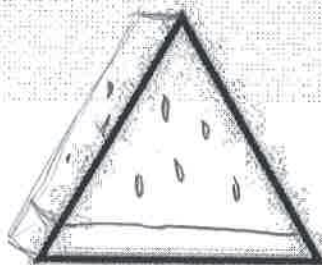
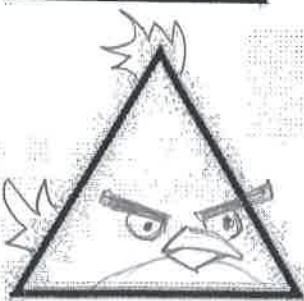
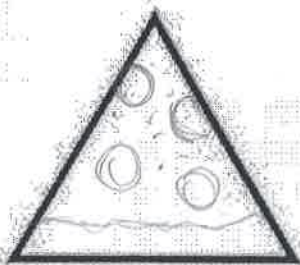
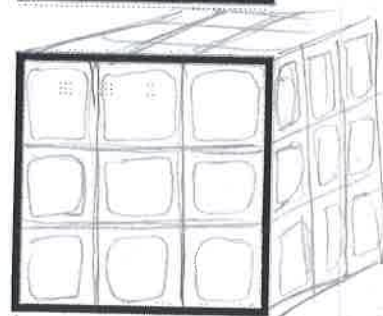
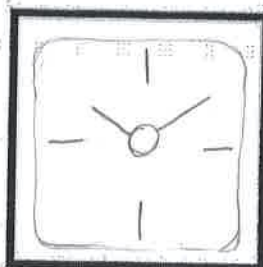
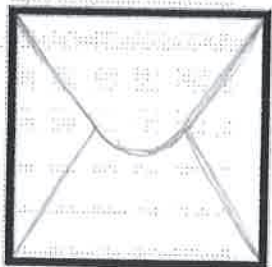
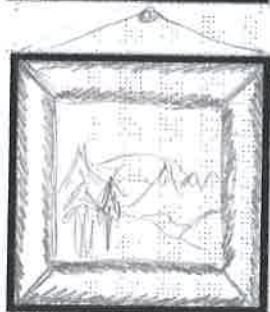
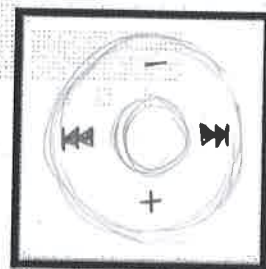
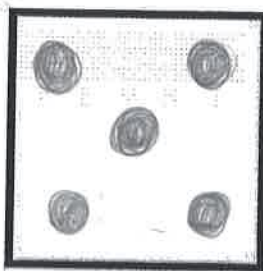
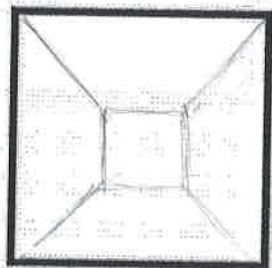
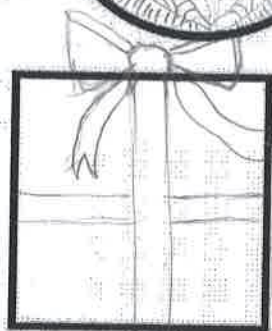
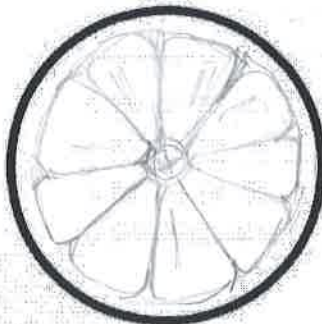
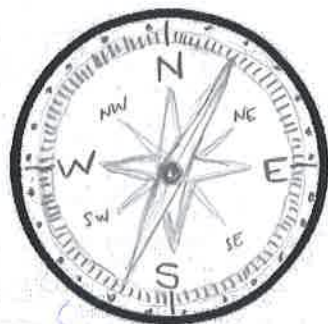
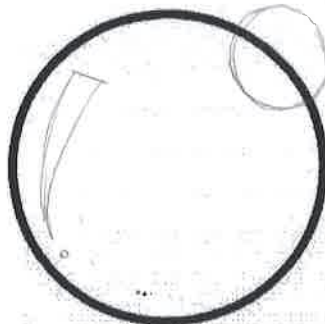
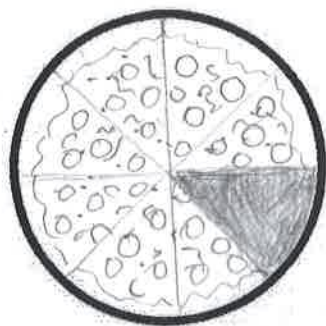
Not really listening

- Seeking to understand
- Devoting mental energy
- Not talking
- Giving space and time

- Comparing
- trying to read minds (predicting what will be said)
- Rehearsing
- Filtering
- Judging
- Dreaming
- Identifying
- Giving Advice
- Arguing
- Placating
- Scrutinizing
- Proving you're "right"

Bottom Line: First seek to understand, Then be understood.

Think FLEXIBLY!  
Turn each shape into something special.





TOPIC  
Thinking Flexibly

DATE:  
ESSENTIAL QUESTION:  
Why is flexibility of mind <sup>(indispensable)</sup> essential for making meaning in today's world?

Questions/Main Ideas:

Notes:  
FLEXIBILITY IN THINKING = OPEN to change mind as NEW data is received → EVEN IF it's AGAINST or in conflict with original belief/opinion

word list:  
Novel  
new approach  
alternative  
problem solve

• Can give mental energy to multiple ideas/possibilities SIMULTANEOUSLY

• well-developed sense of humor  
• can work within rules

Creating, Imagining + Innovating comes from Flexible Thinking

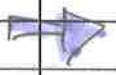
PERCEPTUAL POSITIONS  
aka thinking styles

\* visual 👁️  
\* auditory 🗣️  
\* kinesthetic 🖐️

\* A flexible thinker fluently moves through these positions:

\* ego-centric personal view  
\* allo-centric someone else's view ← empathy!!  
\* macro-centric bird's eye view [patterns, themes] <sup>BIG picture</sup>  
\* micro-centric worm's eye view [detail, precision, analytical]

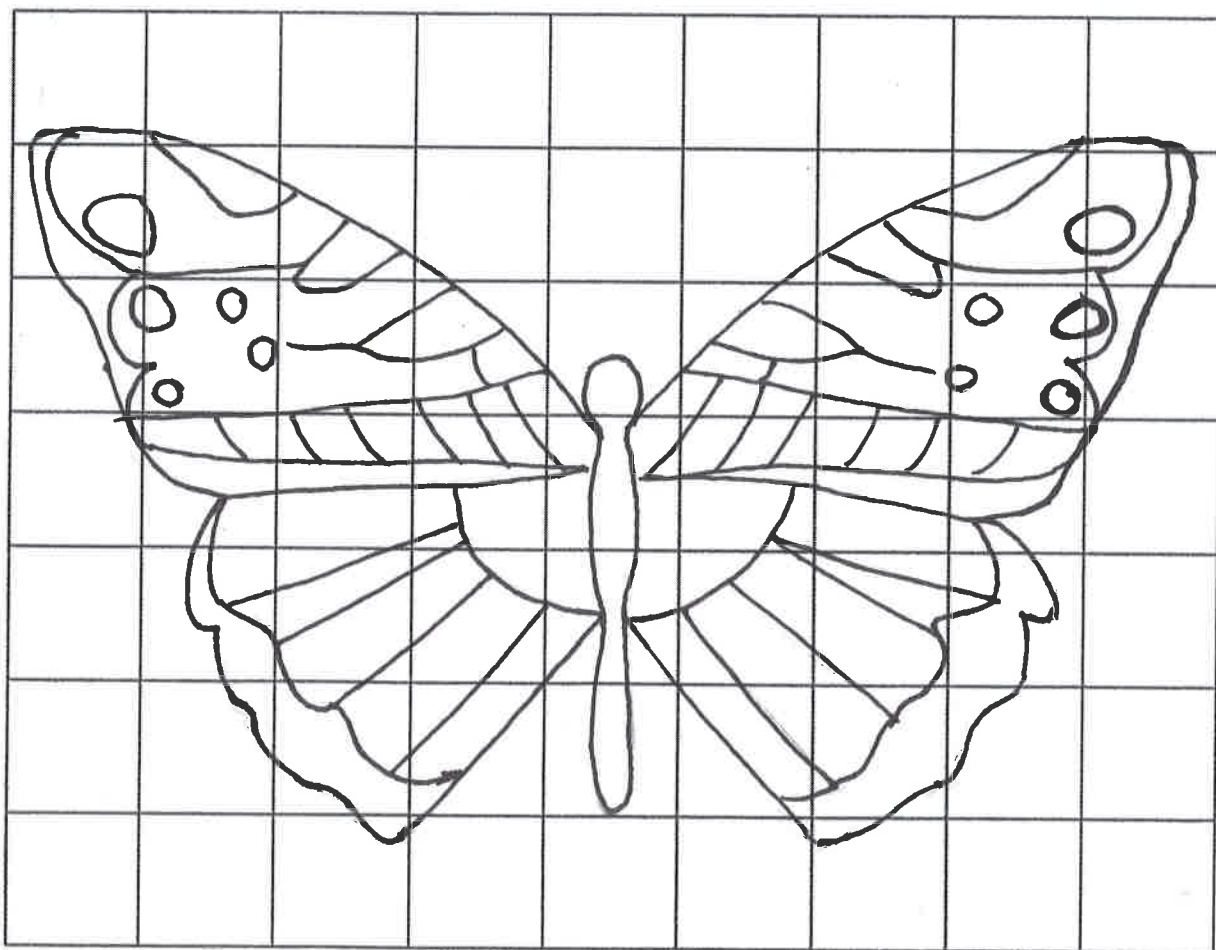
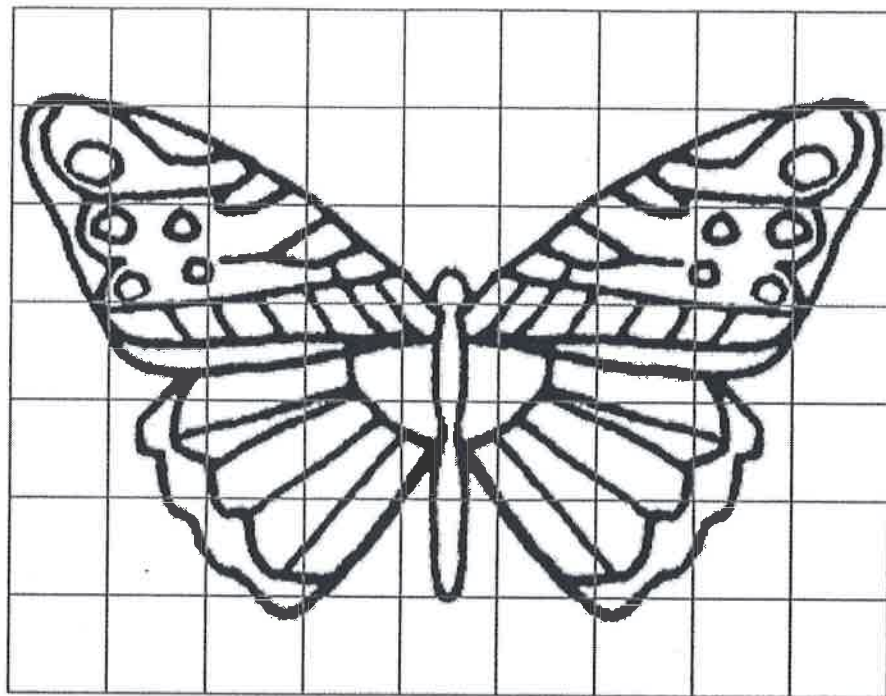
APOLLO 13:  
How did NASA and the astronauts use flexible thinking?



Bottom line: Explore your options!

# Drawing - Butterfly

Draw what you see.

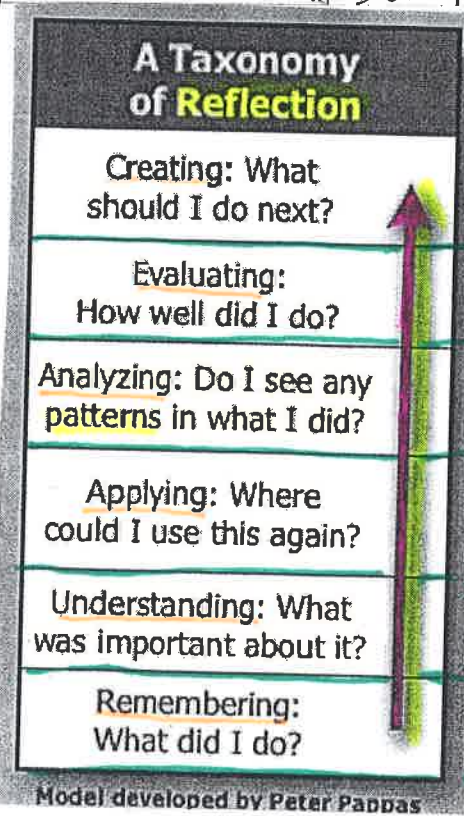


TOPIC:  
Metacognition  
and  
Striving for Accuracy  
Questions/Main Ideas:

DATE:  
ESSENTIAL QUESTION:  
How do you think about your thinking?  
What does it mean to be craftsman-like?  
Notes:



- 6
- 5
- 4
- 3
- 2
- 1



Being **TOO BUSY HINDERS REFLECTION**  
Taking time to **REFLECT** helps you be a more effective learner (throughout **LIFE**)

Combining or reorganizing elements into a **NEW** pattern or structure, making a **PLAN**

Making judgements based on criteria and standards and determining what's needed to **IMPROVE**

Breaking material into separate parts, determining how they relate to one another and to overall **purpose**

Carrying out or using a procedure through executing, or implementing the procedure to a **NEW** setting

Constructing meaning from oral, written, or graphic messages

Retrieving, recognizing, recalling relevant knowledge from short-term or long-term memory

internal questions mental maps plans monitoring plans self-evaluation	<b>METACOGNITION</b> means becoming increasingly aware of one's actions and the effect of those actions on others and on the environment.
<b>ACCURACY</b> , precision and craftsmanship	<b>Striving for Accuracy</b> If you value <b>ACCURACY</b> , precision and craftsmanship: <ul style="list-style-type: none"> <li>Take <b>TIME</b> to check over your product</li> <li>Review the models, rules, directions, parameters, visions</li> <li>Have a growth mindset - know you can always <b>IMPROVE</b></li> </ul>
exactness fidelity faithfulness correctness high intention	<ul style="list-style-type: none"> <li>Take pride and ownership in work</li> <li>Continually <b>REwork</b></li> <li>Strive for <b>EXCELLENCE</b></li> <li>Be <b>PATIENT</b> with the <b>PROCESS</b>! <b>HASTE MAKES WASTE!</b></li> </ul>

Bottom line: Don't settle! Ask more of and KNOW more of YOURSELF!