REFLECT
Think about your thinking. Recognize the thinking strategies you use to accomplish different tasks. Know your knowing. Be aware of your own thoughts, feelings, and actions and their effects on others. Learn how you learn.

PERSIST
Remain focused. Look for ways to reach your goals when stuck. Do not give up. Persevere with tasks through to completion. Keep going and going and going...

INNOVATE

EMPATHIZE
Listen with authentic appreciation. Devote mental energy to another person’s thoughts and feelings. Want to understand. Put yourself in another’s place and make an honest effort to relate. Hear with your heart. Respond with respect.

THINK FIRST
Think before acting. Remain calm, thoughtful and deliberate. Manage impulsivity. Take your time to compose yourself and what you want to say. Always consider the consequences.

RISK RESPONSIBLY
Live on the edge of one’s competence. Seek out opportunities and possibilities. Be adventurous. Try new things on a regular basis. Venture outside your comfort zone.

COLLABORATE

ASK QUESTIONS

PAY ATTENTION

LOOK AT THINGS ANOTHER WAY
Think flexibly. Consider other opinions. Generate alternatives. Be able to change perspectives. Explore options.

FIND SOLUTIONS
Access & apply past knowledge to solving new problems. Create connections between what you are learning in different situations. Use what you know and learn. Transfer knowledge beyond the context in which it was/is learned. Appreciate that what you learn now will help you in the future.

COMMUNICATE CLEARLY
Be clear. Aim to communicate carefully and skillfully in both written & oral form. Think & interact with clarity & precision. Avoid overgeneralizations, distortions, deletions and exaggerations. Compose, present, discuss, & express yourself with composure & confidence.

STRIVE FOR ACCURACY

SEEK OUT WONDERMENT AND AWE
Find the world awesome & mysterious. Get carried away in and by thought. Be intrigued with phenomena & beauty. Have fun

LEARN MORE
Embrace having more to learn. Have humility and pride when admitting you don’t know. Resist complacency. Seek out new learning opportunities. Remain open to continuous learning.

FIND HUMOR
Laugh. Find the whimsical, incongruous and unexpected. Appreciate the fun in learning. Don’t take yourself or any situation too seriously. Bring happiness and joy to others.