

Habits of the Mind

	ACTIONS	<i>How can I improve in this area?</i>
HABITS	<ol style="list-style-type: none"> 1. <i>I come to class on time and prepared.</i> 2. <i>I turn in all my assignments on time.</i> 3. <i>I have a system for tracking my assignments.</i> 4. <i>I ask for help when I need it.</i> 5. <i>I always try my best.</i> 	
ACADEMICS	<ol style="list-style-type: none"> 1. <i>I study before a test or quiz.</i> 2. <i>I make up all assignments if I am absent.</i> 3. <i>I know my grades in all my classes.</i> 4. <i>I complete all my assignments on time.</i> 5. <i>I make an effort to persevere through difficult tasks.</i> 	
BEHAVIOR	<ol style="list-style-type: none"> 1. <i>I listen to others and do not disrupt others.</i> 2. <i>I respect everyone in my class.</i> 3. <i>I learn from my mistakes.</i> 4. <i>I ask for help when I need it.</i> 5. <i>I make an effort to perceive another person's point of view and emotions.</i> 	

I can change my mindset with my words!

<i>Instead of ...</i>	<i>Try thinking ...</i>
<i>I'm not good at this.</i>	<i>What am I missing?</i>
<i>I give up.</i>	<i>I'll use a different strategy.</i>
<i>It's good enough.</i>	<i>Is this really my best work?</i>
<i>I can't make this any better.</i>	<i>I can always improve.</i>
<i>This is too hard for me.</i>	<i>I am going to train my brain.</i>
<i>I'll never be that smart.</i>	<i>I will learn how to do this.</i>