



## Life Skills and Habits of Mind and Heart

### Life Skills

In elementary school, personal qualities and abilities known as Life Skills are woven into the daily fabric of the curriculum and school life. As students master these skills, they gain ease with others and life transitions, adapting to change and challenges as they advance to middle school and beyond.

The Life Skills\* include:

- Integrity: Honesty, sincerity, soundness of moral principle
- Common Sense: Using good judgment
- Courage: Learning to overcome fear when faced with challenges
- Patience: Being able to wait calmly
- Curiosity: Wanting to learn more
- Sense of Humor: Laughing and playing without harming others
- Responsibility: Taking initiative, being accountable
- Flexibility: Being able to adapt
- Effort: Doing one's personal best
- Problem-Solving: Creating solutions for challenging situations
- Perseverance: To continue despite obstacles
- Organizing: Planning, arranging, implementing
- Interpersonal Skills: Respect, caring for others, good manners, cooperating, making friends
- Initiative: Ability to originate or follow through with a task
- Tolerance: Recognizing and respecting other points of view

*\*based on the work of Susan Kovalik*

### Habits of Mind and Heart

Wildwood's middle and upper school program was built around developing Habits of Mind and Heart\*\* that will serve students in their lifelong pursuit of learning.

The Habits of Mind include:

- The Habit of Perspective: Addressing questions from multiple viewpoints and using a variety of ways to solve problems
- The Habit of Evidence: Bringing together relevant information, judging the credibility of sources, finding out for one's self
- The Habit of Connection: Looking for patterns and for ways in which things fit together in order to bring together diverse material and form solutions
- The Habit of Convention: Meeting accepted standards in any academic area in order to be understood and to understand others

The Habits of Heart include:

- The Habit of Collaboration: Making appropriate provisions for accepting and giving assistance
- The Habit of Ethical Behavior: Demonstrating how personal values influence behavior and a set of principles by which to guide one's life
- The Habit of Service to the Common Good: Demonstrating an awareness of the effects of one's actions on others and a desire to make the community a better place for all

*\*\*based on the work of Ted Sizer*