

**Figure 4.2**

## **Self-Reflection Survey: Habits of Mind Adapted From Costa and Kallick**

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For this project or task, rate your habits of mind:

Habit	I did not exhibit this habit very well. Explain.	My ability to engage in this habit was about average for me.	I did a good job of exhibiting this habit. Provide an example.	Not applicable to this task or project.
Showed persistence				
Managed my impulsivity				
Listened with understanding and empathy				
Thought about my thinking				
Engaged in flexible thinking				
Valued accuracy				
Questioned and posed problems				

Applied past knowledge to this project or task				
Gathered information through all my senses				
Engaged in curiosity and enthusiasm				
Took responsible risks				
Found humor				
Thought independently				
Remained open to new and continuous learning				
Used my abilities to create, imagine, and innovate				
Thought and communicated with clarity and precision				