

2021 CAL Online Bulletin #11

Faculty Office Hours:

CAL Online Faculty Office hours are held via [Zoom](#). Faculty can make appointments for **30 minute private help sessions** or you can use the **drop-in hours** to get help, chat, share ideas, etc. Click link for [Zoom](#) site or use **Meeting ID 909 537 7104 Password: Spring2021**. Visit [Cal Online Teaching Resources](#) for other bulletins, videos & resources.

Drop-In Faculty Hours : Monday 12-1

Private Help Sessions: Send an email to tnelson@csusb.edu

Developing Habits of Mind

College is about more than just acquiring content: college is also about learning how to think about things, how to solve problems, how to ask questions. It's not just about being a smart student, it's about developing attitudes, skills and approaches that allow one to tackle new ideas. In their 2008 book, *Learning and Leading with Habits of Mind: 16 Essential Characteristics for Success*, Arthur Costa and Bena Kallick present a series of essays about 16 habits that are an essential part of learning— from kindergarten to post-graduate school (click the [link](#) to download a chart with descriptions of each habit; there are also resources listed in the blue box).

Why does this matter? Reframing your course in terms of the Habits of Mind may help to provide a fresh perspective (and, at this point in the semester, novelty feels like a gift!). The habits may also help inspire you to approach a lesson in a different kind of way. Here are some examples:

- Your class includes a lot of discussions but it's always the same students who respond. You wonder if the other students are fully engaged. Try dividing up the class into three groups before the discussion. Group A will practice Habit 3 (Listening with Understanding and Empathy). Their task will be to summarize the conversation of others. Group B will practice Habit 2 (Managing Impulsivity). When they think of an answer, they will work on

writing down their ideas and sending them to the instructor before speaking up. Group C will practice Habit 8 (Applying Past Knowledge to New Situations). Their goal will be to relate past course content to this new discussion. After giving each group some time to practice their new skills in the breakout rooms, either reconvene the class as a large group, or create new breakout rooms with a mix of students from each group.

- Your class these days seems to lack energy. You've decided to have a brainstorming session where students will practice Habits 11 (Creating, Imagining & Innovating), 12 (Responding with Wonderment & Awe) and 13 (Finding Humor). Pose an abstract question related to the course content then ask them to generate ideas only using these three habits (via oral discussion, a shared Google doc or a shared Jamboard). Alternatively, using Zoom chat or a shared Google doc, tell students that they can only respond by asking questions (Habit 7).
- You've just graded some essays and note that students are having difficulty expressing abstract ideas related to the course content. Introduce Habit 9 (Thinking & Communicating with Clarity and Precision) then ask them as a group to respond to a prompt (you can use the same or different prompts for each group). Share each group's response with another group who will need to use Habit 7 (Questioning & Posing Problems) to provide some feedback. Then return the responses to the original group for revision.
- Are students feeling despondent about being successful? Share the Habits of Mind document with them and ask students to practice Habit 5 (Metacognition) to reflect on their habits that have improved the most this term, as well as those they still

More Resources

- [Institute for Habits of Mind](#)
- [Habits of Mind for Postsecondary Writing](#)
- [Studio Habits of Mind](#)
- [Edutopia: Integrating the 16 Habits of Mind](#)
- [Sample Activities for Habits of Mind in the Arts / Media](#)
- [Videos about each Habit of Mind](#)

