

Habits of Mind for Academic Success & Beyond **LAUSD Course #NA-17-08** **Approved for 3 Salary Points (LAUSD-specific)**

Brief Overview

Universal factors of success, referred to as “habits of mind”, established through practice over time, can enable one to triumph over adversity and behave with integrity when faced with problems. This course explores success, the secrets of success, as studied by multiple social scientists, and how teachers can foster these “habits of mind” in their students to build the resiliency and integrity that can weather the storms of life and keep students on a pathway to fulfilling their potential.



Outline of Course

Unit I: Course Introduction and Overview

Unit II: Essential Habits of Mind

- A.** Persistence
- B.** Empathy
- C.** Kindness
- D.** Self-Control (aka Managing Impulsivity)
- E.** Attentive/Deliberate Listening
- F.** Metacognition
- G.** Curiosity/Questioning/Inquiry
- H.** Respect
- I.** Responsible, Learned Optimism
- J.** Making (the Most of) Mistakes
- K.** Growth Mindset (Welcoming Challenge)
- L.** Accountability (Taking Responsibility/Ownership)
- M.** Working and Learning Interdependently
- N.** Imagination, Innovation, and Creativity
- O.** Passion
- P.** Humor
- Q.** Audacity/Responsible Risk-Taking

Unit III: Course Wrap-up



Description of Activities

For each session, expect the following activities:

- Read through the lesson and watch videos
- Take and complete a quiz on the material presented
- Complete an assignment for the lesson
- Post your responses on the discussion forum for interaction with other teachers

Have Questions?

Email our Help Desk at help.ed4equity@gmail.com