Cultivating Habits of Mind

Objective
During this assignment, students will learn about the important lifelong benefits of cultivating certain habits of mind while in college. The exercise uses learning practices of annotation, note taking, classroom discussion, and reflection to present habits of mind. Students will reflect on how developing these habits during their time at USU will benefit them throughout their life.

Description
In preparation for Part 1, students will be directed to read an essay, “Cultivating Habits of Mind.” You will lead a discussion about the essay and how college-level assessment (exams, etc.) may differ from assessments students have experienced in the past.

For at least two weeks prior to Part 2, students will practice the skills discussed and taught. You will then lead a discussion on how engaging in these practices will create habits of mind that have portable value to professional, civic, and personal life beyond college.

Reference the citizen-scholar page in the General Catalog and discuss how the direct objectives of the USU degree are met by cultivating the habits of mind you have been discussing.

Make a Connection:
Prompt students to consider the following:
1. After reading chapter 4: “Principles of Learning” in Becoming A Learner, discuss with a classmate how taking responsibility for your own learning is an important habit of mind.
2. What habits of mind did Sonia Sotomayor develop through her involvement with the Forensics (debate) Team? How did she rely on those habits throughout her higher education and career?

Instructional Time: 60 minutes (two 30-minute segments)
Required Assignments: YES
Points: Part 1: 25 points
Part 2: 40 points

Relationship to Big Questions:

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