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* Rating My Habits:
  + Metacognition: 8
  + Persisting: 9
  + Managing impulsivity: 8
  + Striving For Accuracy: 6
  + Listening with understanding and empathy: 5
  + Thinking Flexibly: 5
  + Questions and Posing Problems: 4
  + Thinking Interdependently: 6
  + Thinking and Communicating with Clarity and Precision: 6
  + Applying past knowledge to new situation: 8
  + Gathering Data through all senses: 6
  + Creating, Imagining, and innovating: 7
  + Taking Responsible Risks: 4
  + Finding Humor: 7
  + Responding with wonderment and awe: 5
  + Remaining open to continuous learning: 8
* Scenarios:

1. Evening Class:

If I had a 3-hour evening class and felt depleted, I would try to hype myself up or think positive. “Only three more hours to go them I’m done” or something like that. This reflects the Finding Humor habit because for me humor is something positive and is a way to make any day a good day and I always try to be positive and try to avoid making myself stressed over trivial things, like a 3-hour class. The Persisting habit would be connected here because you are pushing yourself to go the distance and finish the day strong, instead of giving up.

1. Holidays:

First, I would use the Managing Impulsivity habit, so I do not blurt a weak argument or rely on emotions. Then I would listen or ask why my family member thinks this way, using open to continuous leaning, thinking interdependently, and questions and posing problems habits, and from this have a conversation with this family member using Communicating with Clarity and Precision habit. Hopefully from this point I can see why someone in my family thinks this way and their opinion will not bother me anymore or if they do can explain to this person that they should stop and talk about it somewhere else.

1. Anxiety Stemming from Capstone Project:

I need to tell my friend that he should not persist in a project that gives stress because the stress will not go away if he doesn’t do it, so better to just do the project. But since my friend also has stress because he must talk about it in front of other people, then my friend should practice speaking about it to himself or those he isn’t shy around and continue doing this until my friend is confidant on his topic and knows that he though he might make a couple mistakes, his presentation will go great. Another thing I would say to my friend is that he will only be talking for a max of 10 minutes and the only hard part is the first minute because you must get in the zone.

* Develop Habits:

1. Thinking Flexibly

* Shift perspective
* Look in steps and goals.
* Follow rules.
* How else can I do this.
* I would do this when I get a homework assignment, coding, to know the best/effect way to do the assignment.
* I think the Science Center/ Math Center would improve this habit because science and math both have rules, and both allow you to go in steps and have diverse ways to solve them depending on the problem.

1. Gathering Data through all senses

* Pay attention:
* Use senses to remember.
* How does this affect my thoughts?
* Look at different perspectives.
* All the time, try to always be aware of surroundings.
* I do not think anything, but myself will help me improve this habit.

1. Striving For Accuracy

* Be Organized
* Get feedback from others.
* My choice
* Get inspiration from others.
* Feel proud from improvement.
* I strive for accuracy when I’m doing something that I enjoy, and I want this project to be the best it can be.
* Athletics/Sports would develop this habit because in sports you try to be calm and think clearly and learn from other players and coaches. In sports your skill depends on yourself and if you want to try you can feel proud of improving your skills.