



**Personal Reflection**  
**Habits of Mind and Self-Directed Learning**

**Student Name:**

**Date:**

**Independent Study/Credit:**

**1 = Not utilized    2 = Partially utilized    3 = Fully/Consistently utilized**

<b>Circle one:</b>	<b>Examples (of how you used each Habit of Mind)</b>
Managing Impulsivity <b>1    2    3</b>	
Flexible Thinking <b>1    2    3</b>	
Questioning and Posing Problems <b>1    2    3</b>	
Applying Past Knowledge to New Situations <b>1    2    3</b>	
Gathering Data Through All the Senses <b>1    2    3</b>	
Creating, Imagining and Innovating <b>1    2    3</b>	
Metacognition <b>1    2    3</b>	

Persistence  1    2    3	
Striving for Accuracy  1    2    3	
Listening with Understanding and Empathy  1    2    3	
Taking Responsible Risks  1    2    3	
Communicating with Clarity and Precision  1    2    3	
Finding Joy in Learning  1    2    3	
Remains Open to Learning  1    2    3	
Responding with Wonderment and Awe  1    2    3	
Interdependence  1    2    3	

**SUMMARY STATEMENT:** Write a four-paragraph essay describing what you learned through this experience and include the following: 1) Reiterate in detail what you did for this credit. 2) Discuss how this affected you. 3) Explain how this affected the world around you. 4) Justify the level of proficiency you are applying for.