

**Table 4.1: Self-Analysis of Habits of Mind**

Habit of Mind	Situation	Self-Analysis Question
Staying focused when answers and solutions are not immediately apparent	You are trying to solve a problem that is very difficult.	Am I giving up because I can't find the answer right away?
Pushing the limits of your knowledge and skills	You are working on a complex project or goal that takes a long time.	Am I stopping because I have to acquire new knowledge or skills to accomplish this?
Generating and pursuing your own standards of excellence	You are working on a complex project or goal that takes a long time.	Have I identified what the final product should look like in order for me to feel that I have done my best?
Seeking incremental steps	You are working on a complex project or goal that takes a long time.	Am I breaking the big project into small pieces that can be more easily accomplished?
Seeking accuracy	You are seeing, hearing, or learning something new.	Am I doing something or asking questions to determine if the new information is accurate?
Seeking clarity	You are seeing, hearing, or learning something new.	Am I aware of when I'm getting confused and stopping to ask questions or do something to clarify things?
Resisting impulsivity	You have to make a decision or react to something.	Am I aware that I'm acting without thinking about my actions and then stopping for a moment to examine my conclusions?
Seeking cohesion and coherence	You are creating something that has a lot of related parts.	Am I making sure that all the pieces fit together and work toward a common goal?

Source: Adapted from Marzano Research. (2016). Marzano compendium of instructional strategies. Centennial, CO: Author.