





# THOMAS Habits of Mind Assessment










## Overview




The THOMAS Assessment helps students measure and develop the 16 most effective Habits of Mind needed to tackle complex problems under challenging conditions. In developing such Habits as persisting, thinking flexibly, and taking responsible risk, students become skillful problem solvers who can apply their learning to the ever-more-complex world that awaits beyond the school walls.

The THOMAS Assessment was designed by Dr. Henry Toi in order to measure a person's 16 Habits of Mind as identified by Dr. Bena Kallick and Dr. Arthur Costa through their groundbreaking, decades-long research on how humans successfully face challenges.

## 16 Habits of Mind

 <b>Open To Continuous Learning</b>	Open to new experiences to learn from; Proud and humble enough to admit when don't know. Welcome new information on all subjects.
 <b>Awe And Wonderment</b>	Intrigued by the world's beauty, nature's power and vastness for the universe; Have regard for what is awe-inspiring and can touch my heart. Open to the little and big surprises in life I see others and myself.
 <b>Precision Of Language Of Thought</b>	Strive to be clear when speaking and writing. Strive be accurate to when speaking and writing; Avoid generalizations, distortions, minimizations and deletions when speaking, and writing.
 <b>Striving For Accuracy</b>	Check for errors, Measure at least twice; Nurture a desire for exactness, fidelity & craftsmanship.

 <b>Applying Past Knowledge</b>	<p>Use what is learned. Consider prior knowledge and experience. Apply knowledge beyond the situation in which it was learned.</p>
 <b>Managing Impulsivity</b>	<p>Take time to consider options; Think before speaking or acting; Remain calm when stressed or challenged; Thoughtful and considerate of others; Proceed carefully.</p>
 <b>Creating, Imagining, Innovating</b>	<p>Think about how something might be done differently from the “norm”; Propose new ideas; Strive for originality; Consider novel suggestions others might make.</p>
 <b>Thinking Flexibly</b>	<p>Able to change perspective; Consider the input of others; Generate alternatives; Weigh options.</p>
 <b>Questioning And Problem Posing</b>	<p>Ask myself, “How do I know?”; develop a questioning attitude; Consider what information is needed, choose strategies to get that information; Consider the obstacles needed to resolve.</p>
 <b>Using All Senses</b>	<p>Stop to observe what I see; Listen to what I hear; Take note of what I smell; Taste what I am eating; Feel what I am touching.</p>
 <b>Listening With Understanding And Empathy</b>	<p>Pay attention to and do not dismiss another person's thoughts, feeling and ideas; Seek to put myself in the other person's shoes; Tell others when I can relate to what they are expressing; Hold thoughts at a distance in order to respect another person's point of view and feelings.</p>
 <b>Finding Humour</b>	<p>Willing to laugh appropriately; Look for the whimsical, absurd, ironic and unexpected in life; Laugh at myself when I can.</p>
 <b>Thinking Interdependently</b>	<p>Willing to work with others and welcome their input and perspective; Abide by decisions the work group makes even if I disagree somewhat; Willing to learn from others in reciprocal situations.</p>

 <b>Persisting</b>	Sticking to the task at hand; Follow through to completion; Can and do remain focused.
 <b>Metacognition</b>	Being aware of own thoughts, feelings, intentions and actions; Knowing what I do and say affects others; Willing to consider the impact of choices on myself and others.
 <b>Taking Responsible Risk</b>	Willing to try something new and different; Consider doing things that are safe and sane even though new to me; Face fear of making mistakes or of coming up short and don't let this stop me.

## Sample profile

### TOP 3 HABITS



#### Open To Continuous Learning

Disposition and ability to recognise one's limitations and openness to learn



#### Questioning And Problem Posing

Disposition and ability to use questions to understand and solve problems and to predict potential problems



#### Awe And Wonderment

Disposition of awe and curiosity

