




## Productive Academic Behaviors

<b>Is engaged</b>	Brings 100 % of energy and involvement to each activity every day	
<b>Is focused</b>	Applies all efforts to the task(s) at hand and filters out all distractions	
<b>Is prepared</b>	Understands expectations, collects and organizes resources, and has a plan for learning	
<b>Is organized</b>	Knows when, where, and what needs to be done in a timely and systematic way	


## Academic Mindset

<b>Clarifies expectations</b>	Knows what others want delivered by which dates and can establish standards of quality by writing performance criteria	
<b>Is inquisitive</b>	Constantly seeks new knowledge in multiple forms and from many disciplines by asking lots of interesting questions	
<b>Is self-efficacious</b>	Has a strong belief in who they are, who they can become, and their ability to be successful in everything they attempt	
<b>Self-motivates</b>	Has passion and desire to explore new information, concepts, and challenges in areas of interest	
<b>Is self-confident</b>	Approaches each new task with self-assurance that mastery of a new challenge can be met	
<b>Creates a life vision</b>	Evolves a vision for life based upon an analysis of past, present, and future that includes life goals, and a well constructed plan for achieving these accomplishments	


## Learning Strategies

<b>Sets goals</b>	Sets clear goals and supporting objectives, maintains focus on producing results aligned with the goals by assessing progress towards goals and making appropriate changes to reach them	
<b>Has learner ownership</b>	Takes full responsibility before, during, and after each learning experience for constructing the expected knowledge by their own means	
<b>Use resources effectively</b>	Explores all aspects of the college and each course to inventory each resource, its: potential use, and how to effectively use that resource given a useful situation	
<b>Validates</b>	Affirms their own understanding and growth with certainty	
<b>Uses metacognition</b>	Understands the implications of their behaviors and actions on others and adapt appropriately for each changing situation	
<b>Plans</b>	Before action, stops and thinks of how to do something effectively and lays out a structure to produce the quality work desired	


## Affective Learning Skills

<b>Persists</b>	Uses failure as a frequent and productive road to success	
<b>Manages frustration</b>	Puts things into perspective so current context doesn't overwhelm current performance	
<b>Manages time</b>	Allocates time for the most important tasks and then effectively uses that time	
<b>Prioritizes</b>	Prioritizes tasks to effectively live a balanced life by putting first things first while taking care of self	
<b>Is disciplined</b>	Does what is needed to be done even though other things are more enjoyable and exciting	
<b>Take risks</b>	Performs publicly, where outcomes are not known and failure is very possible	
<b>Leverages failures</b>	Realizes the growth potential coming from each failure through action plans	
<b>Asks for help</b>	Perseveres through difficult tasks, making good decisions about when to seek help	
<b>Works hard</b>	Diligent, works long hours and uses parallel processing to increase work produced per hour	
<b>Adapts</b>	Continually changes to respond optimally to new contexts	


## Learning Processes

<b>Is a master learner</b>	Uses the Learning Process Methodology to construct transferable knowledge through thinking critically and generalizing	
<b>Reads</b>	Processes all forms of informational resources to produce understanding and meaning through thoughtful inquiry	
<b>Writes</b>	Consistently uses writing to help think, clarify, and document ideas, plans, thoughts, and reflections	
<b>Thinks critically</b>	Asks critical questions, analyzes information, and synthesizes meaning to elevate understanding and clarity	
<b>Solves problems</b>	Identifies & defines problems with key issues and assumptions, producing validated and generalized solutions	
<b>Processes information</b>	Engages all senses to access information quickly and distinguishes relevant from irrelevant information and its level of quality	
<b>Reflects</b>	Takes time to produce higher level of learning, understanding of self, and reasons behind actions and decisions	

## Social Learning Skills

<b>Is a team player</b>	Brings a positive attitude, like supporting and helping others, congratulates others, fills in gaps in a cohesive manner, and is empathetic when others are having difficulties with their performances or personal lives	
<b>Is collaborative</b>	Partners with others, performs their roles effectively, asks for help when it is needed, and supplies assistance to others	
<b>Is responsible</b>	Can be counted on to produce quality work that exceeds expectations within the allocated time and resources given	
<b>Is assertive</b>	Contributes proactively within a community and a team to add value and not be marginalized	
<b>Is connected</b>	Has many friends, communities, and activities that influence growth and development of self and others	
<b>Is a communicator</b>	Effective in interactive conversation in informal and formal settings that includes articulating new ideas	
<b>Seeks diversity</b>	Understands and appreciates the values, differences, and perspectives of others	
<b>Speaks publicly</b>	Assesses audience, prepares a clear meaningful message and articulates with impact to change minds	
<b>Is well</b>	Maintains balance by taking care of self, sleeping effectively, exercising, eating well and engaging in social activities	

## Growth Mindset

<b>Is a self-grower</b>	Wants to grow from every experience and so sets growth goals, self-challenges, self-assesses, self-mentors, and mentors others	
<b>Is committed to success</b>	Will do everything necessary to reach the milestones towards stated goals	
<b>Self-assesses</b>	Sets criteria for each performance, makes key observations, reflects on and analyzes observations, behaviors, and actions, consistently making improvements without prompting	
<b>Is positive</b>	Is energetic, passionate and invested in life by seeing the value, opportunity, and beauty in each new situation and person	
<b>Is a self-starter</b>	Takes the initiative to begin with each new experience quickly with a plan to maximize their opportunity and learning	
<b>Is open to feedback</b>	Wants to improve future performance by seeking out feedback from whatever channel they can and turn this feedback into assessment	
<b>Is open-minded</b>	Receptive to diverse view, perspectives, and paradigm-shaking ideas	
<b>Self-challenges</b>	Pushes themselves outside their comfort zone, increasing failure and growth opportunities	