

How do I prepare to learn?

THE BODY

Adequate Sleep
Fitness
Nutrition
Calm/Focus

THE MIND

Clean Slate
Open Minded
Access Prior Knowledge

THE TOOLS

Gather Materials
Get Organized

THE SPACE

Select the Environment
Clear the Clutter

Intellectual Habits...

are patterns of behavior that invite curiosity and engage the mind to think creatively and abstractly. As well as solve problems, comprehend ideas, develop capacity to reason, and to learn.

“Engage and Amuse the Brain”
-Plato



Encourage Curiosity in Yourself and Others

Challenge Assumptions (self and others)



Acknowledge Multiple Perspectives

Make Connections



Vigorously Search for Evidence

Analyze (pull apart)



Synthesize (put it back together)

Be Responsible to Yourself



Be Accountable to Others

Useful Learning Strategies:
Levels of Questions, Socratic Seminar, Essential Questions, the Five Voices, and the Fundamental Questions (FQs).

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