

# ESSENTIAL HABITS

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## Be Curious

Ask questions about the world and seek answers and new experiences. Explore, experiment, and embrace uncertainties.



## Manage Yourself

Understand when you need help and ask for help. Set goals and evaluate your progress. Manage your pace, reflect on your thinking, and be confident in your abilities.



## Learn From Setbacks

Persist through challenges and identify strategies for improving. Develop a growth mindset, believe that you always have more to learn and are capable of changing and improving.



## Communicate & Collaborate

Articulate your ideas and opinions effectively and respectfully. Listen and understand perspectives of others. Develop an open mind, share your expertise, help others, and collaborate to accomplish shared goals. Give, receive, synthesize, and incorporate feedback.



## Solve Problems

Identify problems and their causes, seek information about problems and existing solutions, and create and test new solutions and ways to address problems.



## Live an Integrated Life

Draw on resources from one area of your life to help you in another. Tell your friends and family about what you do in school, showcase your work, and collaborate with local and global communities.

