

Presentation of Learning Content Guidelines

Each student is to present upon the “Habits of Heart and Mind” for their first presentation of learning (PoL). The following are content guidelines for a successful PoL:

1. **Time:** Your PoL will take a minimum of 5 minutes with a maximum of 10 minutes.
2. **Content:** Your PoL must include all seven “Habits of Heart and Mind”.
3. **Courses :** You must include evidence to support your presentation on the Habits of Heart and Mind from work/projects done a minimum of 2 from Humanities, 2 from Physics/Math and 1 from your elective (Graphic Design or Spanish).
4. **In presenting on each HoHM, you would be wise to include:**
 - (a) Where? Where were you when the specific HoHM was supported/learned?
 - (b) When? When was this project happening?
 - (c) What? What were you doing when you learned about this HoHM?
5. **Growth:** Choose a minimum of two of the HoHM that you want to focus on improving in the next semester. Explain why that HoHM is a particular challenge AND how you plan on improving this area.

Habits of the Heart & Mind

Mindfulness – Am I being aware? Am I being present?

Mindfulness is the habit of being aware of your thoughts and actions at any moment all the time

Perspective – Who says? Is there another way I can look at the situation?

Perspective is the habit of addressing questions from multiple viewpoints and using a variety of ways to solve problems.

Cooperation – Do I know my role in the group? Am I working well with others?

Cooperation is the habit of working effectively with others, accepting and giving appropriate assistance.

Evidence – Can I prove it? Do I have my facts straight?

Evidence is the habit of bringing together relevant information, judging the credibility of sources, and finding out for oneself.

Refinement – Have I put forth my best effort? What are my strengths and weaknesses?

Refinement is the habit of being self-reflective of your work, looking for strengths and weaknesses and always making improvements where it is possible.

Perseverance – Can I do more? How can I keep myself and others going?

Perseverance is the habit of being determined and not giving up even if you feel like it or if you face challenges or problems.

Compassion – Do I care? How can I help?

Compassion is the habit of recognizing needs or struggles in your environment, and being willing to offer help or support to assist with that need.