

## Check Out Your S.M.A.R.T. Thinking Strengths

By: Charlotte Palmer



Since the 1980's educational researchers like Dr. Art Costa, former Professor Emeritus at University of California at Sacramento, and Dr. Bena Kallick, a New England-based educational consultant, have been honing research on the attributes of successful people into an expandable set of 16 Habits of Mind. Visit: <http://www.habits-of-mind.net/> to get a feel for their current program. I have been following their work since 1989 when I first heard Dr. Costa describe what was being done to get thinking processes into K-16 classroom curriculum. His challenge to his audience then and now is to come up with new applications of these successful problem-solving and -prevention techniques to help us all work smarter, not harder.

As a classroom and resource teacher, I have shown students and their parents how to play their way into using Habits of Mind. As a member of the Moxy Women's sisterhood, I now invite you focused, success-seeking entrepreneurs to self-assess these 16 success-producing habits today. Celebrate your strengths (**Often** or **Always** ratings) immediately. Realize that you can apply them to new challenges that present themselves at work, home, or in relationships. Note your **Sometimes responses**. These are emergent skills that can be consciously developed in playful ways which I will share over the next 5 months of Moxy Women's Newsletters. Do you have some **Not Yet** ratings? Not to worry. As you focus on your strengths and play your way into more use of your emerging success habits, you'll be leveraging your assets. I'll admit that as a seasoned citizen, I'm still coming up with aha! insights into formerly clueless areas of my relationships.

I invite you to e-mail me your **Sometimes** ratings and I'll e-mail back some suggested activities.

S.M.A.R.T. Thinking is my grouping of the 16 Habits of Mind under the acronym:

**S**ensitivity to Senses

**M**using

**A**ccuracy of Awareness

**R**esponding

**T**ransforming

Each month look for the Smart Thinking article to gain more insight into which Habits of Mind enrich your experiences in this thinking area. Is there a head/heart connection in our mindfulness? Absolutely. When we zone in on that partnership, we've progressed from knowledge to wisdom.

Welcome to a journey into self. Send for your emerging Habits of Mind strengthening suggestions at [charpalm2@yahoo.com](mailto:charpalm2@yahoo.com). Make a copy of your self-ratings and file it in your Documents so you can reference it from month to month as we increase our understanding of the Habits of Mind successful thinking processes through expanding our areas of S.M.A.R.T Thinking©.

### Rate Your S.M.A.R.T. Thinking Development- Click Below for PDF

[pdf]Rate\_Your\_S.M.A.R.T\_Thinking\_Self-Test.pdf]

*Charlotte Palmer, a 43-year veteran teacher, holds Masters degrees in Learning Disabilities (USF) and Multicultural Multilingual Studies (UF). Since 2005 she has added certification in Brain Gym® Edu-Kinesiology. In addition to tutoring and teaching at the primary and college levels in the Tampa Bay area, Charlotte presents programs on integrated brain-based learning and successful thinking skills.*

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