



Habit Building Blueprint

Planning for Success: Building Habits That Stick



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Fostering Habits of Mind in Today's Students Jennifer Fletcher,Adela Najarro,Hetty Yelland,2023-07-03 Co published with and Students need more than just academic skills for success in college and career and the lack of an explicit instructional focus on the soft skills critical to postsecondary success poses a challenge for many students who enter college especially the underprepared Based upon a multi campus cross disciplinary collaboration this book presents the resulting set of habits of mind based strategies that demonstrably help not only low income ESL and first generation college students overcome obstacles on the path to degree completion these strategies equally benefit all students They promote life long integrative learning and foster intellectual qualities such as curiosity openness flexibility engagement and persistence that are the key to developing internalized and transferrable competencies that are seldom given direct attention in college classrooms This

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