



# Essential Habits

## Quest Forward Learning



### Express Curiosity

**WONDER** Express wonder about how and why things work the way they do, and understand that the world is full of complex, interesting problems that are yet unsolved.

**TRY NEW THINGS** Regularly and voluntarily step out of your comfort zone and explore.



### Manage Yourself

**BECOME SELF-AWARE** Commit to identifying your emotions, and recognize negative self-talk and thinking patterns.

**MANAGE YOUR EMOTIONS** Practice expressing emotions in contextually appropriate and healthy ways, and make efforts to revise thinking and negative self-talk.

**MONITOR AND CONTROL YOUR ACTIONS** Inhibit negative reactions (e.g., yelling to get a mentor's attention) and initiate responses appropriate to the context and situation (e.g., raising a hand or walking over to the mentor.).



### Learn From Setbacks

**DEVELOP A GROWTH MINDSET** Express eagerness to challenge yourself, learn and improve, and believe that hard work is key to success.

**ADAPT** Express flexibility, try a different approach when something is not going the way you want or expect it to, determine when and how to adapt, and adapt (or move on when appropriate).

**KEEP TRYING** Work through challenges without getting defensive or losing hope, and only move on when there is a good reason to do so.



### Communicate & Collaborate

**LISTEN** Listen actively and consider the perspectives and ideas of others with an open mind.

**CONTRIBUTE** Share ideas, do your fair share of work when working with groups, and lead when appropriate.



### Solve Problems

**SEEK HELP** Identify when you are stuck or need help and ask for help.

**HELP OTHERS** Demonstrate awareness of others' emotions and needs, respond with understanding, and offer to help when you can and should help.



### Live an Integrated Life

**LEARN TO BE YOURSELF** Express yourself in every aspect of your life (Do not segment your life or pretend to be a certain way.).

**EXPRESS INTEGRITY** Make respectful and ethical decisions, and admit and own actions and decisions.

