



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.



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.



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.



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.).



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.



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.