



Habits Summary

Grit	66.67/100
Growth Mindset	63.33/100
Metacognition	63.33/100
Self-Efficacy	66.67/100
Sociability	66.67/100

**Objective**

The Habits of Mind are a repertoire of behaviors that help students successfully navigate the challenges they encounter in their classes. They are performed in response to questions and problems, particularly when the answers are not immediately apparent. Cultivating these patterns of intellectual behaviors in our students leads to a set of valued intellectual dispositions that students can develop so that they can be more capable of successfully working at a higher level. We have developed a way to teach, cultivate, observe, and assess performance indicators of academic success and have grouped them under five general Habits of Mind.

The report is indicative of those attributes that would be beneficial for teachers & parents to understand the student better so as to engage with them in an empathetic and ethical manner.

The strengths delineated in the report are reflective of those behavioural attributes that the test taker exhibits and which may prove effective in establishing a good and innocuous relationship when interacting with teachers of the school. . The behaviours reflected as potential red flags are suggestive of behavioural and personality attributes that the test taker possesses and which may prove to be unfavourable or detrimental to the growth and overall learning of the student.

The scores are not absolute and need to be understood in context of the behavioural indicators for each attribute. The results are not divided as per good or bad, rather, are an indication of certain personality facets which are beneficial and required for effective learning and development of students vis-à-vis those of the test taker.

Grit is the quality of working persistently and consistently towards long-term goals, despite failures, challenges, highs and lows in the process. It describes a person's ability to exercise self-discipline and control, in order to pursue their long term goals. Grit has been shown a predictor of success and academic achievement (Duckworth & Quinn 2009, Perkins-Gough & Duckworth 2013). Research suggests that when it comes to high achievement, grit may be as essential as intelligence. High scorers of Grit are organized, courageous, determined, and manage fear of failures. They strive for excellence and are able to forego immediate gratification for the sake of long-term achievement. Low scorers are impulsive and easily side-tracked. They lose focus easily and may fail to achieve their long-term goals.



66.67  
SCORE

Your mid-range Grit score indicates that your Grit is in average category. You generally tend to be orderly and organized, but this may not hold true all the time. You are moderately persistent in pursuing your goals. You tend to be moderately positive in your emotional reactions and expectations following failure, and hence your chances of completing the task successfully depends on the type of failures you come across in the task. You are generally hardworking, and reasonably maintain focus on long-term goals, but you should train yourself to be less impulsive and avoid distractions, to stay focused and complete the task rather than quit.

People with high Grit are desired to have the following traits. Based on your score, you may exhibit Medium to High inclination towards one or more of these traits. :

Perseverance Resilience Passionate Organized Focused Strive for Excellence



**GLENDALE<sup>®</sup>**  
**EDUCATION**

Cultivating Character & Competence

## Growth Mindset

People who hold Growth Mindset believe that intelligence can be developed and brain is like a muscle that can be trained. A growth mindset is not a trait, but a skill that one can develop. The simple belief that intelligence is malleable can better equip children for challenging tasks and difficult subject matter. If children know that they can develop their abilities, and that effort and dedication make a difference in the formula for success, then they won't be paralyzed by challenges. The growth mindset creates a love of learning and resilience that is essential for achieving goals. Of course most people do not have 100% Fixed Mindset or 100% Growth Mindset; most of us have some of both.



63.33

SCORE

Your moderate Growth Mindset score indicates that you have a mixed mindset. You are unsure if you can develop your intelligence. You probably care about performing well and you do want to learn, but you may still think that achievement should come easily to you, and feel a little discouraged, when you perform poorly at something. You moderately believe that you can get smarter and putting in effort will enhance your skills, but this belief may change, and you probably may lose your confidence if things get difficult. You are moving towards a growth mindset, but there may be a few ideas holding you back from achieving all that you are capable of doing. It could be that you are reluctant to risk failure, or feel concerned about others' judgments of you, because you see performance as a measure of your ability.

People with high Growth Mindset are desired to have the following traits. Based on your score, you may exhibit Medium to High inclination towards one or more of these traits. :

Desire to learn

Embrace challenges

Learn from criticism

Get inspired by others success

Persist despite setbacks

Overcome weaknesses



Metacognition is a form of cognition, a second or higher order thinking process, which involves active control over cognitive processes. Informally it is referred to as 'thinking about thinking'. It measures memory-monitoring, self-regulation and self-awareness. Meta cognition is a central component of several skill sets that are central to education and the workplace, including (1) reflective judgment, (2) critical thinking, (3) decision making, and (4) problem solving. A person with good metacognition capacities maximizes the potential to think, learn and evaluate different strategies, for better learning. Good metacognition can also lead to reduction in response time for a given situation, as a result of heightened awareness, and potentially reduce the time to complete problems or tasks.



63.33  
SCORE

Your mid-range Metacognition score indicates that your Metacognition skill set is in average category. This indicates that you tend to be a fairly self-regulated learner, and utilize the "right tool for the job" in most occasions. You are moderately aware of your own strengths and weaknesses, the nature of the task at hand, and available "tools" or skills. You are probably average at identifying any roadblocks to learning reasonably early, and probably may change "tools" or strategies to ensure goal attainment. Your problem solving, critical thinking and decision making skills are moderate. You are average at determining if the learning target was met, and reflect on what went well what did not go well, and what to do differently the next time.

People with high Metacognition are desired to have the following traits. Based on your score, you may exhibit Medium to High inclination towards one or more of these traits. :

- Decision making
- Critical thinking
- Problem solving
- Self-evaluating
- Self-awareness
- Self-regulation



**LEARNING EVERY DAY,  
LOVING EVERY MINUTE!**

## Self-Efficacy

Self-Efficacy is an individual's belief in his or her innate ability to achieve goals. In a school setting it means how much students believe they can succeed in achieving academic goals. Individuals who have high self-efficacy will exert sufficient effort that, if well executed, leads to successful outcomes, whereas those with low self-efficacy are likely to cease effort early and fail.



66.67

SCORE

Your moderate Self-Efficacy score indicates that your confidence in your ability to successfully handle situations, is about the same as most people. You generally believe in your ability to problem-solve in most situations. You are a hardworking individual and are average in your risk taking abilities. You tend to be moderately calm when facing problems and generally are less susceptible to anxiety or depression.

People with high Self-Efficacy are desired to have the following traits. Based on your score, you may exhibit Medium to High inclination towards one or more of these traits. :

Self-confident

Detail oriented

Hardworking

Choose challenging activities

Willing to take risks

Bounce back from setbacks

## Sociability

Sociability is a "preference for being with others rather than being alone". Sociability lies at the core of social learning and emotional well-being. The cooperative ability to engage with others is critical to successful learning communities, whether that community is a classroom, or after-school activity. Sociability flourishes when children feel connected, respected, cared about, and when they can communicate their feelings of connectivity with others. These children can pull people together and generate positive energy for a good cause. Sociability not only gives children an advantage in school, today's business leaders see it as key to leading, managing, and innovating in a world of increasing complexity.



66.67

SCORE

Your mid-range Sociability score indicates that you are fairly average in your social skills. You do not tend to have many friends and you probably do not very much appreciate working in groups. You are average in seeking admiration and recognition from others. Although you may enjoy social events, you also appreciate time alone. You can interact both individually with others, and with groups. Your preference may vary with the situation.

People with high Sociability are desired to have the following traits. Based on your score, you may exhibit Medium to High inclination towards one or more of these traits. :

Friendly

Outgoing

Empathetic

Gregarious

Collaborative

Considerate