Managing Impulsivity

	LEVEL 01 HM.01.MI.01.01	LEVEL 02 HM.02.MI.01.01	LEVEL 03 HM.03.MI.01.01	LEVEL 04 HM.04.MI.01.01
4.0	*Development of Habits of Mind is a life-long, continuous process.*	*Development of Habits of Mind is a life-long, continuous process.*	*Development of Habits of Mind is a life-long, continuous process.*	*Development of Habits of Mind is a life-long, continuous process.*
3.0 No major errors or gaps in the TARGETED, COMPLEX KNOWLEDGE	*Most of the time*.... is skilled at:* Managing Impulsivity; "Thinking Before You Act!" Slows down, takes a breath, counts to 10, and/or pauses before taking action. *Development of Habits of Mind is a life-long, continuous process.*	*Most of the time*.... is skilled at:* Managing Impulsivity; "Thinking Before You Act!" Considers alternative actions and their consequences <u>before</u> taking an action. *Development of Habits of Mind is a life-long, continuous process.*	*Most of the time*.... Is skilled at:* Managing Impulsivity; "Thinking Before You Act" Identifies one's impulse triggers and actions to counter those triggers before embarking on a goal. *Development of Habits of Mind is a life-long, continuous process.*	*Most of the time*.... Is skilled at:* Managing Impulsivity; "Thinking Before You Act!" Establishes a goal and implements strategies to overcome inevitable challenges or barriers *Development of Habits of Mind is a life-long, continuous process.*
2.0 No major errors or gaps in the SIMPLER, FOUNDATIONAL KNOWLEDGE	Knows the following: Terms: impulsivity Details: People who manage their impulsivity think before they act. (Costa)	Knows the following: Term(s): alternative, consequences Detail(s): People who manage their impulsivity think through the consequences of alternative actions. (Costa)	Knows the following: Term(s): delayed gratification Detail(s): People who manage their impulsivity thoughtfully and deliberately delay gratification. (Costa)	Knows the following: Term(s): self regulation Detail(s): People who manage their impulsivity are able to ignore impulses in order to achieve their goal. (Costa)