

## Comparing Daoist principles to the Eight Habits of Mind Promoted by CWPA<sup>1</sup>

Habit of Mind	Definition	Corresponding <i>Palgwe</i> Principle
Curiosity	the desire to know more about the world.	<i>Ri</i> : desire for variety of experience
Openness	the willingness to consider new ways of being and thinking in the world.	<i>Gon</i> : receptiveness, openness
Engagement	a sense of investment and involvement in learning	<i>Tae</i> : joyfulness and enthusiasm
Creativity	the ability to use novel approaches for generating, investigating, and representing ideas.	<i>Keon</i> : creative or inventive energy
Persistence	the ability to sustain interest in and attention to short- and long-term projects.	<i>Gan</i> : patient or steadfastness
Responsibility	the ability to take ownership of one's actions and understand the consequences of those actions for oneself and others.	<i>Jin</i> : confidence in the face of danger, failure, or embarrassment
Flexibility	the ability to adapt to situations, expectations, or demands.	<i>Gam</i> : flexibility and adaptability
Metacognition	the ability to reflect on one's own thinking as well as on the individual and cultural processes used to structure knowledge.	<i>Seon</i> : non-action, being mindful of the natural flow of ideas, motives, etc.

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<sup>1</sup> Council of Writing Program Administrators, National Council of Teachers of English, & National Writing Project. (2011). *Framework for Success in Postsecondary Writing*. Council of Writing Program Administrators.

## Examples of How to Embody Eight Habits of Mind through Writing Prompts as Habit Practice

1. **Creativity: “How to peel an orange like Wile E. Coyote.”**
  - a. Write a few paragraphs describing an unnecessarily complex way to peel an orange (road rash, satellite laser, etc.)
2. **Joyfulness/Engagement: “Visit: ...”**
  - a. Write a short advertisement for a meaningful place (maybe your hometown) then write an overly negative google review of same place
3. **Variety/Curiosity: “If a martian encountered a ...(puppy, papaya, platypus)”**
  - a. Describe an everyday thing/event as if you’ve never encountered it before/you’re an alien.
4. **Confidence/Responsibility-- “Ten and then”**
  - a. Top ten list of things you’ve done well recently followed by an affirmation (I am productive and can accomplish this small goal today)
5. **Non-action/metacognition: “Two word Summaries”**
  - a. Revision as discovery exercise. Summarize paragraphs of your own writing into a single noun/subject and verb/action. Read through these two word summaries and reflect on your original purpose as compared to what these paragraphs tell you your draft is about.
6. **Flexibility: “It could be anything, even a boat!”**
  - a. Re-write your draft as a different genre (recipe, help wanted ad, rap lyrics, tutorial, etc.) How does this change in form make you think differently about your ideas?
7. **Commitment/Persistence: “Five word sentences.”**
  - a. Write a paragraph about your childhood bedroom but only use five-word sentences. If you can commit to these parameters, you can commit to finishing whatever it is currently giving you trouble.
8. **Receptiveness/Openness-- “Change my mind”**
  - a. Describe an item you can see and write about it’s finest details (the gears or inner workings of a watch or coffeemaker, for example) and then Wikipedia it. Separate facts from assumptions by comparing research to speculation.