

TRAITS OF A SEAFORD SCHOLAR

COMMUNICATORS



**WE COMMUNICATE WITH CLARITY AND
PRECISION. WE SHOW EMPATHY AND
UNDERSTANDING THROUGH ACTIVE
LISTENING SKILLS.**

Habit of Mind: Communicate with Clarity,
Listening with Understanding and Empathy

TRAITS OF A SEAFORD SCHOLAR

FLEXIBLE



WE CHANGE PERSPECTIVES, GENERATE ALTERNATIVES, AND CONSIDER OPTIONS BY EXPANDING OUR THINKING. WE UNDERSTAND CONCEPTS LIKE INTELLIGENCE, LEADERSHIP, PERSONALITY, AND ABILITY CAN BE DEVELOPED AND CULTIVATED OVER TIME.

Habit of Mind: Thinking Flexibly

TRAITS OF A SEAFORD SCHOLAR

RISK TAKERS

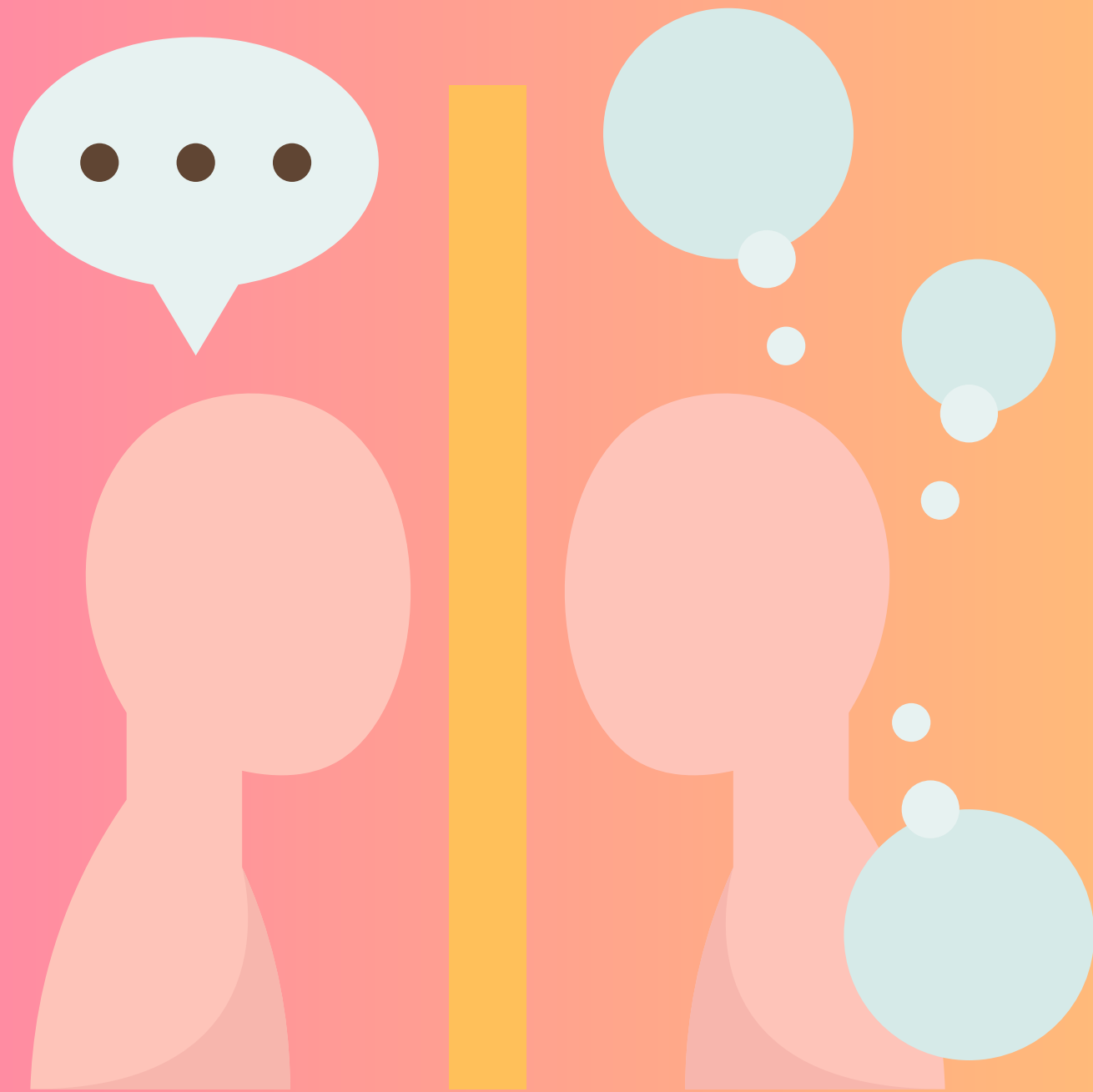


WE RESPONSIBLY TAKE RISKS AND PUSH OUR LIMITS BY TRYING NEW, UNFAMILIAR THINGS.

Habit of Mind: Take Responsible Risks

TRAITS OF A SEAFORD SCHOLAR

REFLECTIVE



WE ARE AWARE OF OUR THINKING (METACOGNITION) AS LEARNERS AND USE THE BEST STRATEGIES TO HELP STRENGTHEN OUR ACADEMIC PERFORMANCE. WE DEVELOP OUR PLANNING, POSITIVE SELF-TALK, SELF-QUESTIONING, SELF-MONITORING, AND MENTAL SCRIPTING.

Habit of Mind: Thinking about your Thinking

TRAITS OF A SEAFORD SCHOLAR

INNOVATORS

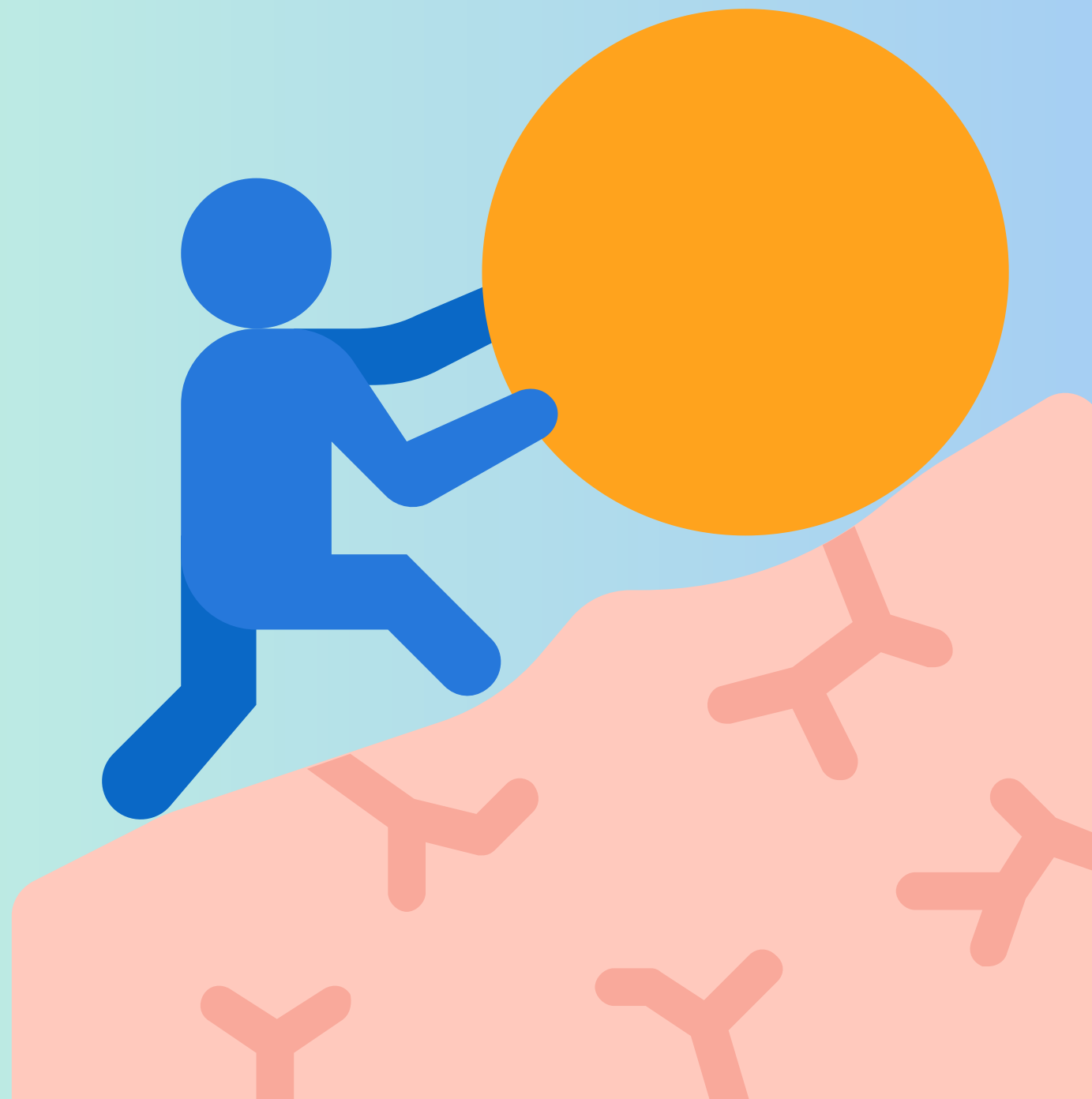


**WE ARE NATURALLY CURIOUS AND
INQUISITIVE LIFE LONG LEARNERS, WHO
ASK QUESTIONS, FIND PROBLEMS, AND
DEVELOP SOLUTIONS.**

Habit of Mind: Create, Imagine, Innovate

TRAITS OF A SEAFORD SCHOLAR

RESILIENT



**WE EMBRACE THE POWER OF "YET" AS WE
PERSIST THROUGH OBSTACLES WITH
GRIT. WE CONTINUE TO GROW BY
LEARNING NEW SKILLS OVER TIME.**

Habit of Mind: Persist

TRAITS OF A SEAFORD SCHOLAR

HUMOROUS



**WE VALUE THE ABILITY TO LAUGH EASILY
AND FREQUENTLY AS A TREMENDOUS
RESOURCE FOR SURMOUNTING PROBLEMS,
ENHANCING RELATIONSHIPS, AND
SUPPORTING BOTH PHYSICAL AND
EMOTIONAL HEALTH.**

Habit of Mind: Find Humor

TRAITS OF A SEAFORD SCHOLAR

NETWORKERS

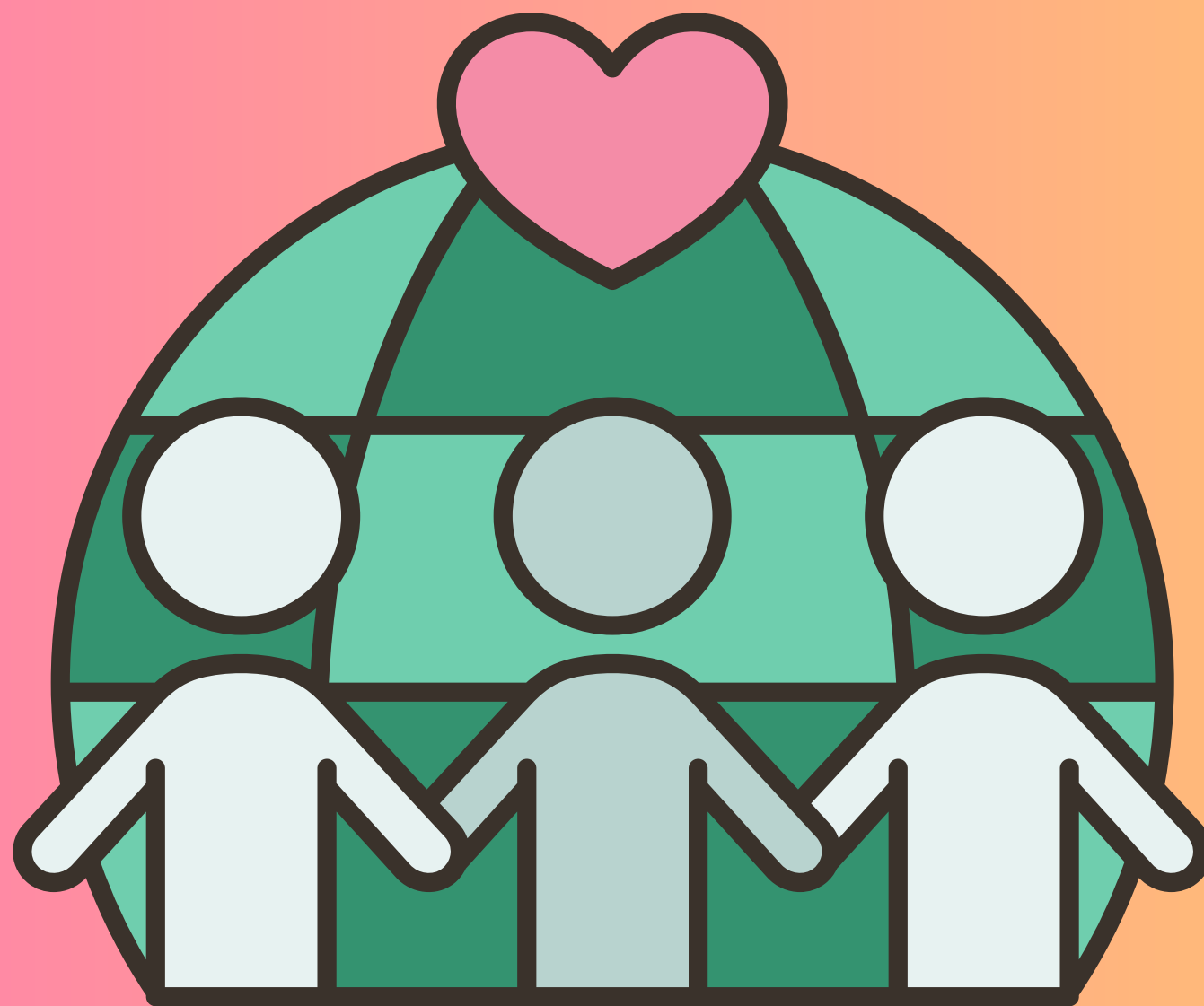


**WE ARE ACTIVE COLLABORATORS IN A
GLOBAL SOCIETY. WE MAKE
INTERPERSONAL CONNECTIONS AND
FOSTER A SENSE OF BELONGING IN OUR
COMMUNITY.**

Habit of Mind: Think Interdependently

TRAITS OF A SEAFORD SCHOLAR

MINDFUL



WE TAKE ACCOUNTABILITY FOR OUR ACTIONS. WE ARE AWARE OF THEIR THOUGHTS, FEELINGS, AND ACTIONS AND THEIR EFFECT ON OTHERS. WE ACT INTENTIONALLY AND RECOGNIZE OUR ACTIONS HAVE CONSEQUENCES (POSITIVE OR NEGATIVE).

Habit of Mind: Manage Impulsivity

TRAITS OF A SEAFORD SCHOLAR

PRINCIPLED



WE FOLLOW A CODE OF CONDUCT AND HOLD OURSELVES TO HIGH STANDARDS WHILE STAYING TRUE TO OUR "WHY". WE UPHOLD BELIEFS WITH INTEGRITY.

Habit of Mind: Remain Open to Continuous Learning