

Name: _____ Date: _____

**Growing Maine:
Habits of Work and Learning Self-Reflection**

Check off the habits of work (habits of mind) for the characteristics you recognize in yourself. You can use a check, check plus or check minus system.

Habits of Work	My Habits
I can meet deadlines and complete assignments on time.	
I can complete high quality work with pride.	
I can advocate for my learning by seeking help and using resources.	
I can demonstrate a growth mindset about my learning.	
I can show effort when engaging in new experiences.	
I can work hard through challenges and not give up.	

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Growing Maine: Habits of Work Video Evaluation

As you watch the videos presented, check off the habits of work (habits of mind) for the characteristics you see in the people presenting their food products.

Habits of Work		Worcester Blueberries	Simply Macarons
Can meet deadlines and complete assignments on time.			
Can complete high quality work with pride.			
Can advocate for my learning by seeking help and using resources.			
Can demonstrate a growth mindset about my learning.			
Can show effort when engaging in new experiences.			
Can work hard through challenges and not give up.			

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**Growing Maine:
Habits of Work Final Self Evaluation and Goal Setting**

One similarity or difference in my habits of work compared to the people featured in the videos is...

One project or assignment that I have completed that I'm proud of is...

I think was successful because I....

One step (or steps!) I can take to strengthen my habits of work is...

Reflect: How will your work habits influence your career decisions and opportunities?
