

ACE Habits of Success

Self-Awareness and Reflection

- I know my core values and have a personal moral compass.
- I can explain my own strengths and vulnerabilities.
- I demonstrate integrity and moral courage.
- I own my mistakes through honest reflection and treat myself with grace and compassion.
- I reflect on past experiences and am able to articulate learning moments.
- I celebrate my success and take pride in accomplishments.



Goal Setting

- I have a working vision for myself for where I want to go, who I want to be and what I want to accomplish.
- I have identified personal, academic, and professional goals in service of a larger vision.
- I break long term goals into smaller steps (short term goals) and plan backwards.
- I regularly evaluate progress toward my goals and make necessary adjustments.



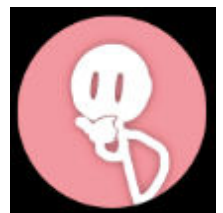
Perseverance

- I stick with something even when it's difficult or unpleasant.
- I anticipate difficulties and try to plan for them.
- I know how and when to ask for help.
- I have healthy strategies for constructively dealing with challenges and obstacles.
- I bounce back from defeat/failure/setbacks.
- I keep a sense of humor.
- I am willing to tolerate discomfort for the purpose of growth.
- I have built confidence by working through challenges.



Curiosity

- I ask genuine, purposeful questions.
- I independently seek answers to questions.
- I take intellectual risks, try new things, and go beyond.
- I identify and take advantage of learning opportunities.
- I innovate, seek new solutions and create new ways to express ideas and solve problems.
- I seek multiple perspectives, listen to learn, and keep an open mind.



Self-Regulation

- I utilize systems to effectively organize and keep track of information and materials. (*Organization*)¹
- I take initiative to get started on work, independently. (*Task Initiation*)¹
- I sustain focus and refocus myself, when necessary. (*Sustained Attention*)¹
- I effectively manage my time, am punctual, and meet deadlines. (*Time Management*)¹
- I take time to consider the consequences (think before I act) and choose among possible responses. (*Response Inhibition*)¹
- I effectively manage my emotions. (*Emotional Control*)¹
- I adapt my plans and actions as situations change. (*Flexibility*)¹
- I make healthy life choices including making time to care for my needs. (*Self Care*)
- I understand that social norms vary by context and effectively navigate diverse settings while maintaining authenticity to myself. (*Social Grace*)²



Collaboration

- I share responsibility when working with others.
- I self-advocate in a constructive manner.
- I gracefully give and receive constructive feedback.
- I offer my ideas.
- I respect others' points of view and listen attentively to others.
- I respect others' privacy and boundaries.



Community-Mindedness

- I am aware of other people's needs and perspectives.
- I show empathy in my interactions with others, respecting differences, and remaining open-minded in our interactions.²
- I generate trust by demonstrating vulnerability.
- I actively participate in my school, local, and global communities.
- I demonstrate leadership.
- I have developed my own identity as an activist.
- I give back to my community in concrete ways, leaving it better than before.^j
- I look for opportunities to support members of my community.



¹ Adapted from: Guare, Richard, et al. *Smart But Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*. Guilford Publications, 2012.

² Adapted from: CASEL. "Fundamentals of SEL - What Is the CASEL Framework?" CASEL, <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/> . Accessed 2023.