

NUA Summer Academy 2007 Notes

Art Costa

Mindful Mediator

Conducting Conversations Intended to Enhance Self-directedness

Goals:

1. To promote self-directedness
2. To enhance others cognitive capacity for high performance
3. To extend Habits of mind

16 Habits of Mind:

The 16 Habits of Mind identified by Costa and Kallick include:

- Persisting
- Thinking and communicating with clarity and precision
- Managing impulsivity
- Gathering data through all senses
- Listening with understanding and empathy
- Creating, imagining, innovating
- Thinking flexibly
- Responding with wonderment and awe
- Thinking about thinking (metacognition)
- Taking responsible risks
- Striving for accuracy
- Finding humor
- Questioning and posing problems
- Thinking interdependently
- Applying past knowledge to new situations
- Remaining open to continuous learning

Mindful Mediation

What is it? A dialogic process to help someone achieve a deeper understanding and to develop self-directedness

Collaborative Inquiry:

1. Clarify Goals
2. Determine Success Indicators
3. Anticipate Strategies, approaches, and decisions
4. Identify the data to support self assessment
5. Set up follow up conversation

During the demo coaching:

1. Question, pause, paraphrase, probe for clarity, pay close attention
2. Develop rapport: mirroring posture, intonations, voice level, gestures
3. Reflection

Self-directedness

1. Self Managing: knowing the significance of and being inclined to approach tasks with clarity of outcomes, a strategic plan, necessary data, and drawing from the past experiences, anticipating success indicators, and creating alternatives for accomplishments.
2. Self Monitoring: have sufficient self-knowledge about what works, establishing conscious metacognitive strategies to alert the perceptions for in the moment indicators of whether the strategic plan is working or not and to assist in the decision making process of altering the plan and choosing the right actions and strategies.
3. Self Modifying: reflecting on, evaluating, analyzing, and constructing meaning from experience and making a commitment to apply the learning to future activities, tasks, and challenges

A Mediator is one who:

- Assess present and envisions greater efficacy for self and others
- Relationships are reciprocal
- Shines awareness on available data
- Has the tools
- NOT the solver of problems
- Extends invitations not mandates
- Faith in the human capacity
- Faith in his/her own abilities to serve as a catalyst for others growth

Mediators Toolbox

1. Feedback
2. Questioning
 - a. A credible voice vs. an approachable voice

Links:

Art Costa Center for Thinking
<http://www.artcostacentre.com/>

Habits of Mind.net
<http://www.habits-of-mind.net/>

Notes from Elizabeth

Mindful Mediators by Art Costa

Why have Structured Conversations?

It's an intended conversation to build self esteem & self directedness

We are all mindfull mediators:

1. Promote self directedness
2. The enhance others cognitive capacity for high performance (independently and as a member of the community)

Mr. Costa is having us get into partners 1 = partner 2= mediator

List, Group, Label (25 terms from text and they are asked to arranged the vocab so as to pretty much be a prediction to the text)

Mediators -

Purpose of questions are to get the coach to think about what he will do.

Self Directedness - own generation of his own thinking and his own solutions.

One of the worse things to do is to GIVE advice unless it is suggested
(Have you ever been scratched where you don't have an itch?)

Paraphrasing for accuracy and to show that you are listening. It's positive & affirming.

PAUSE, PARAPHRASE, PROBE

Multicultural awareness (be alert)

Reciprocal clarifying behavior

Mindful mediation is purposeful conversation using pausing, paraphrasing and probing to elicit metacognition and enhance self directedness.

Coach (showing self directedness) -

Framed own solutions

Prioritize what he was going to say

Pausing - "Re-oxygenate"

Looking at things in a different way & looked for alternative

Self Monitoring (in neo cortex is uniquely human) Cues from a lesson plan - During a lesson you say to yourself THIS IS NOT WORKING, or OH I need to SLOW down

Self Modify Reflecting on, evaluating, analyzing and constructing (Epothotic learning - we learn from experience and analyzing it)

Knowing the importance of and being inclined to approach tasks with clarify of outcomes, a strategic plan, and necessary data, and drawing from past experiences, anticipating success indicators, and creating alternatives for accomplishment.

Mirror Neurons - Mirror neurons that are sensitive to the facial expressions and muscle movements. A basic part of our learning process is our imitation of other people

Ex: Momma Monkey breaks off a branch from a tree sticks it into an ant hole and eats the ant. Baby (without being taught) goes and breaks of the branch, sticks it into an ant hole and eats the ants.

A trainer giving a monkey a peanut (while hooked up to neurotransmitters) was shown that as the monkey is shown ready to receive the peanut he uses the same muscle groups through the neurotransmitters. Because we have mirror reactions (facial expressions and actions to the people we are around without having to be taught them.

Unproductive Questions

1. Close ended questions
2. Defensive Questions (Why didn't you take out the trash)
3. Presuppositions - Hidden meanings below the surface of language.
Children who hear it often develop low self esteem ("Rosemary almost has the right answer, who has the right answer?) **DON'T USE DEGRADING PRESUPPOSITIONS**

Powerful Questions

1. Choice of voice (credible voice, an approachable voice)
2. Commands - credible voice
3. Questions - approachable voice
4. Use Plurals (what are some of your goals?)
5. Tentativeness (In what other ways **COULD** you solve this problem?
What you think might...?, What was your hunch that...?)
6. 4. Invitational Stems - "As you recall... As you anticipate... As you envision..."
7. Empowering Presuppositions - "What are some of the goals you have in mind for this meeting?"
8. Talking too long???? Say "Hang on a minute, I want to understand what your saying..."