### Template for Drop-Down Menu

#### Developing the Whole Person

**Self & self-views**
- Balanced
  - Mind-body
  - Thinking-feeling
  - Individual-social
  - Material-spiritual
  - Integrated
- Reflective
  - Temperament & Personality
  - Self-views
  - Learning style
  - Strengths
  - Interests
- Engaged = mindfulness and flow

**Emotion & Affect**
- Emotionally developed
  - Aware of own emotions
  - Aware of others emotions
  - Appropriately displays emotions
  - Manages and self-regulates emotions
  - Can tolerate failure
  - High levels of emotional well-being
- Develops optimism
  - Experiences pleasurable emotions
  - Apply positive thinking skills
  - Modify affect in thinking
  - Explain causes
- Develops gratitude
- Caring
  - Identifies others’ needs
  - Helps others

**Cognition & Thinking**
- Knowledgeable
  - Artist
  - Historian
  - Mathematician
  - Philosopher
  - Scientist
  - Writer/Story teller
  - Integral
- Thinkers
  - Gather data through the senses
  - Think objectively
  - Question and pose problems
  - Apply past knowledge to new situations
  - Strive for accuracy
  - Think and communicate with clarity and precision
  - Think flexibly
  - Think creatively; imagine and innovate
  - Think strategically
  - Identify the consequences of actions and options
- Metacognition

**Conation & Volition**
- Planners
  - Develops vision and aspirations
  - Sets reachable goals and objectives
  - Develops action plans
- Inquirers
  - Open to continuous learning
  - Achievement motivated
- Risk-takers
  - Act assertively
  - Persevere
  - Resist undesirable pressure
Physical & Kinesthetic

- Genetics & Genealogy
- Healthy lifestyle
  - Nutrition
  - Exercise
  - Sleep
- Kinesthetic competence
  - Large motor skills
  - Fine motor skills

Spirituality & Transcendence

- Meaning and purpose
- Deep, personal relationships
  - Self
  - Others
  - Nature
  - Unknowns

Social & Interpersonal

- Open-minded
  - Receptive to views of others
  - Take the perspective of others
- Communicators
  - Listen with understanding and empathy
  - Monitor communication
- Interpersonally skilled
  - Work with individual and group differences
  - Become multicultural
  - Work with diversity in community
  - Cooperate, resolve conflicts, and make peace
  - Makes and maintains friendships

Morality & Character

- Ethical sensitivity
  - Examine bias
  - Prevent bias
- Ethical judgment
  - Understand ethical problems
  - Develop ethical reasoning skills
- Ethical motivation
  - Respect others
  - Develop conscience
  - Develop ethical identity and integrity
- Ethical action
  - Act responsibly
  - Meet obligations
  - Stewardship
  - Develop courage

Citizenship

- Sociocultural Awareness
  - Meeting basic needs
  - Peace and conflict resolution
  - Sustainability
  - Gender equity
  - Racial and ethnic equity
  - Religious freedom
- Value social structures
  - Identify and value traditions
  - Understand social structures
  - Practice democracy
- Adult roles
  - Family
  - Career
  - Finances
- Active involvement
  - Local
  - State and national
  - Transnational
  - International
  - Global
  - Cosmic

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