

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
 - Engagement and flow
- **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

- **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
- **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**
 - Healthy lifestyle
 - Kinesthetic competence
- **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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