

At the Heart (Center) of the Promise

Students will be **open-minded**:

- demonstrate willingness to change one's mind based on new information and perspectives
- consider others' opinions rather than judge

Students will be **collaborative**:

- listen to others
- handle discord responsibly
- work towards a common goal

Students will be **reflective**:

- identify own strengths and struggles
- articulate value and passions
- set goals and monitor them
- accept feedback and act on it

Students will demonstrate **grit**:

- use failure as opportunity for next steps
- demonstrate firmness of spirit or belief
- demonstrate ability to stay the course

Students will demonstrate **social and emotional wellness**:

- Mindfulness
- Interpersonal Effectiveness
- Emotional Regulation
- Distress Tolerance
- Study Skills