

21st Century Standards & Skills

Cognitive Standards & Skills

❖ COG. 1 - Analyze and utilizing information

- 1.1 Navigating digital resources
 - Finding information quickly and efficiently
 - Analyzing information for credibility, reliability, validity, and relevancy
- 1.2 Identifying common logical errors
 - Analyzing information for errors in reasoning
- 1.3 Generating conclusions
 - Distinguishing between valid vs. invalid, and true vs. untrue conclusions
 - Putting information together to generate a valid and true conclusion
- 1.4 Presenting and supporting claims
 - Stating an opinion (claim) supported with grounds and backing

❖ COG. 2 - Addressing complex problems and issues

- 2.1 Focus
 - Strategies to increase focus
 - Prioritizing
 - Identifying appropriate and inappropriate multitasking
- 2.2 Divergent and convergent thinking
 - Generating ideas by thinking outside of the box
 - Narrowing ideas down to the best choice
- 2.3 A problem-solving protocol
 - Using strategies for problem-solving

❖ COG. 3 - Creating patterns and mental models

- 3.1 Identifying basic relationships between ideas
 - Analyzing information and identifying how it's related (addition, contrast, time, cause)
- 3.2 Creating graphic representations
 - Organizing information to better understand it
- 3.3 Drawing and sketching
 - Visually representing information to better understand it
- 3.4 Generating mental images
 - Creating mental images in the mind using the five senses
- 3.5 Conducting thought experiments
 - Asking, "What if...?" questions
 - Engaging in hypothetical reasoning
- 3.6 Performing mental rehearsal
 - Understanding benefits of visualization
 - Practicing the process for visualization

Conative Standards & Skills

❖ CON. 1 - Understanding and controlling oneself

- 1.1 Becoming aware of the power of interpretations
 - Understanding how perceptions can affect interpretations
 - Understanding how interpretations can affect outcomes
- 1.2 Cultivating useful ways of thinking
 - Understanding growth mindset vs. fixed mindset
 - Identifying characteristics of resilience
 - Identifying characteristics of an optimistic explanatory style
 - Understanding positive possible selves (Goal-setting)
- 1.3 Avoiding negative thinking
 - Understanding the power of emotional thinking
 - Understanding the process for controlling emotional thinking
 - Understanding the effects of worry

❖ CON.2 - Understanding and interacting with others

- 2.1 Perspective taking
 - Understanding the process for perspective analysis
 - Analyzing different perspectives for decision-making
- 2.2 Responsible interaction
 - Understanding the types of behavior (passive, aggressive, passive-aggressive, assertive)
 - Understanding how to demonstrate assertive behavior
 - Understanding responsibilities for group and social interaction
 - Understanding active listening
- 2.3 Controversy and conflict resolution
 - Understanding the ways to handle conflict (problem-solving negotiations, smoothing, win-lose negotiations, compromising, withdrawing)
 - Understanding a process for problem-solving negotiation
 - Understanding how to address and deal with anger



