

Components of Social, Emotional, and Intellectual Habits (The Habits): Kindergarten through Grade 12

FOR FAMILIES

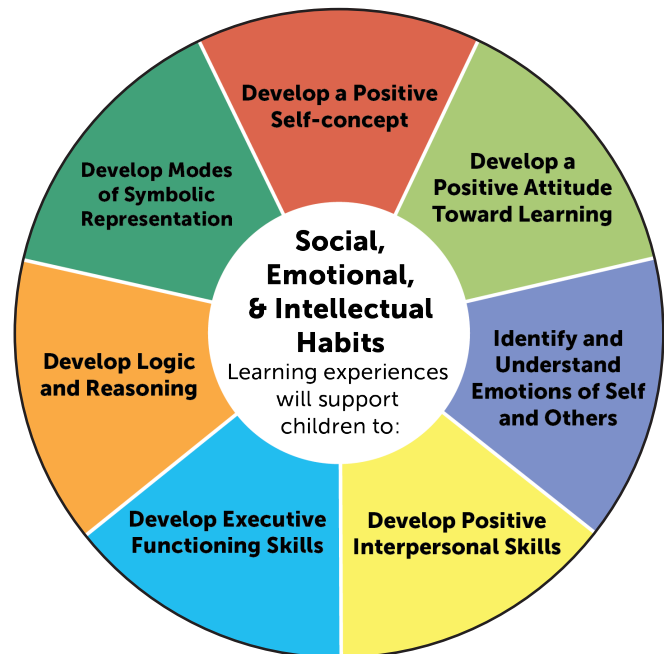
What are the Habits?

All students deserve high-quality, engaging, and comprehensive instruction that addresses their social, emotional, and academic needs in a safe and supportive environment. The Habits provide a roadmap to teach the whole learner and provide the knowledge and skills that help them prepare to be college and career ready. These essential skills help Connecticut students reach their fullest potential, to flourish and thrive.

Why are the Habits important?

Most importantly, it should be emphasized that the purpose of the Habits is to identify students' strengths and instructional needs so that families and teachers can work together to help students learn social-emotional skills that are essential to school and life.

Components of the Habits are vital in K-12 education and contribute to whole-child success across the life span.



By understanding and applying the Habits, students effectively negotiate daily tasks and challenges and set the stage for all future learning, promoting intra-personal, interpersonal, and cognitive development.

The Benefits



Postsecondary and career readiness



Making good decisions



Persisting at challenging tasks



Increased academic engagement & performance



Improved attitudes about self, others, and school



Working well in groups

How Families Can Help



Responsibilities of Family Members

- **Ask for and participate in informational meetings** at local schools to become more familiar with concepts of the Habits, which can bolster one's ability to effectively manage daily tasks and challenges, achieve personal goals, feel and show empathy for others, and set the stage for all future academic achievement.
- **Help educators foster authentic home-school connections and relationships** by making known the identities and experiences of your family.
- **Ask educators about how the development of the Habits** is being integrated into academic content areas during the school day.
- **Encourage children's home-based development of the Habits** through supportive relationships. Notice the particular Habits you see your child(ren) working to develop.
- **Use community resources and community-based learning opportunities** (e.g., family informational sessions, parent/guardian workshops) to increase awareness and knowledge of the Habits.