Template for articulating lifelong learning competencies, objectives, aptitudes, and curricular activities.

“Curiosity”

…is a mode of engaging with the world that grows out of a deep realization that our current understandings of and assumptions about the world are incomplete and inadequate—a realization that keeps us perpetually open to "thinking again."

**Aptitudes**

**Introspection:** the ability to identify and critically consider the specific ways in which one’s personal and cultural expectations might shape one’s experiences

**Openness:** the ability to perceive and consider new ideas, perspectives, and emotions during an experience

**Flexibility:** the ability to adjust one’s behavior and attitudes as one encounters unexpected aspects of an experience

**Example**

**Prompt:** What have you learned this week about the relationship between thinking again and curiosity?

**Reflection:** I struggle to connect with art normally, and modern art is even more difficult. So I was prepared to give it my best shot but not really interact with the art in a meaningful way. But, then I kind of just let my thoughts wander and see what connections I could think about. That was me thinking again about modern art. Being open to being wrong forces you to be curious about the things around you.

“Resilience”

“the ability to recover quickly from difficult experiences and to learn from them—toughness, elasticity”

**Aptitudes**

**Reflection:** Using introspection, conversation, writing) to explore what made the experience difficult and to put it in context.

**Interdependence:** Relying on other people to explore the experience and to find the strength to make meaning from the experience.

**Positivity:** Viewing challenges and even failures as opportunities for change or growth.

**Re-vision:** Revising the narrative of your experience.

**Example prompts**
Journal prompt: What did you learn about yourself while climbing the mountain.

Essay assignment: Something old, something new. Reflect on the connection between a new experience and an old one. What meaning can you make from the connections between these two experiences separated by time.

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Aptitudes

Reflection: Using introspection, conversation, writing) to explore what made the experience difficult and to put it in context.

Interdependence: Relying on other people to explore the experience and to find the strength to make meaning from the experience.

Positivity: Viewing challenges and even failures as opportunities for change or growth.

Re-vision: Revising the narrative of your experience.

Example prompts

Journal prompt: What did you learn about yourself while climbing Ben Lomond?

Essay assignment: Something old, something new. Reflect on the connection between a new experience and an old one. What meaning can you make from the connections between these two experiences separated by time.