

# GURU NANAK COLLEGE OF EDUCATION

B.Ed. Programme

CO- CURRICULAR ACTIVITIES

SHORT TERM CONTINUED EDUCATION

Batch: 2021-23

Semester: IV

TITLE: Habits of Mind

RESOURCE PERSON: Dr. Charu Sethi

DATE: Proposed for the month of February 2023

TIME: 10 am onwards

VENUE: Bala Pritam Auditorium, GNCE



A habit of mind is a way of thinking that one acquires over time. It is a type of thought that involves thinking beyond what society considers right or wrong, but acknowledging through complex thought, what is morally right. It is not easily achieved and is somewhat like a muscle, in that you have to build it up over time through intellectual work and hardship. Not everyone can achieve a strong habit of mind, in fact most don't.

And for the reason mentioned above, GNCE has proposed to hold a session on the theme- "Habits of Mind" for the pupil trainees of Batch 2021-23, Semester-IV. In the session, it will be explained as to how the habit is a way of thinking that allows one to communicate with knowledge when the answer is not initially apparent. In order to think in this complex manner a person has to be well educated in all subjects of intelligence. Being able to use a habit of mind also requires a type of thinking where neither others nor any outside force constrains any ideas or solutions. For Reflective teachers, it is important to understand and imbibe Habits of Mind in student teachers.