As a student you need to cultivate not only intellectual abilities—but intellectual dispositions too. It represents excellence in thought.

1. **Intellectual Humility:** the knowledge of ignorance, sensitivity to what you know and don’t know; being aware of your biases, prejudices, self-deceptive tendencies and limitations of your viewpoint.

Consider the following to foster intellectual humility:

1. what do I really know about myself, my situation, another person, what’s occurring in the world?
2. To what extent do my prejudices or biases influence my thinking?
3. To what extent have I been indoctrinated into beliefs that may be false or misleading?
4. How do the beliefs I have uncritically accepted keep me from seeing things as they are?
5. **Intellectual Courage:** the disposition to question beliefs you feel strongly about; includes questioning the beliefs of your culture and your groups, willingness to express your views even if they’re unpopular.

Consider the following to foster intellectual courage:

1. to what extent have I analyzed the beliefs I hold?
2. To what extent have I questioned my beliefs, many of which I have learned in childhood?
3. To what extent have I demonstrated a willingness to give up my beliefs when sufficient evidence is against them?
4. To what extent am I willing to stand up against the majority even though people may ridicule me?
5. **Intellectual Empathy**: awareness of the need to actively entertain views that differ from your own; especially those we disagree with; to accurately reconstruct the viewpoints and reasoning of our opponents and to reason from premises, assumptions, and ideas other than our own.

Consider the following to foster intellectual empathy:

1. to what extent do I accurately represent viewpoints I disagree with?
2. can I summarize the views of my opponents to their satisfaction?
3. Can I see insights in the views of others and prejudices in my own?
4. Do I sympathize with the feelings of others in light of their thinking differently than me?
5. **Intellectual Integrity:** consists in holding yourself to the same intellectual standards; expect others to honor

Consider the following to foster intellectual integrity:

1. do I behave in accordance with what I say I believe, or do I tend to say one thing and do another?
2. to what extent do I expect the same of myself as I expect of others?
3. to what extent are there contradictions or inconsistencies in my life?
4. to what extent do I strive to recognize and eliminate self-deception in my life?
5. **Intellectual Perseverance**: the disposition to work your way through intellectual complexities despite frustration in the task.

Consider the following to foster intellectual perseverance:

1. am I willing to work my way through complexities in an issue or do I tend to give up when having difficulty?
2. can I think of a difficult intellectual problem when I showed patience and determination to work through the difficulties?
3. do I have strategies for dealing with complex problems?
4. do I expect learning to be easy or do I recognize the importance of engaging in challenging intellectual work?
5. **Confidence in Reason:** based on the belief that one’s own higher interests and those of humankind at large are best served by giving the freest play to reason; it means using standards of reasonability as the fundamental criteria by which to judge whether to accept or reject any belief or position.

Consider the following to foster confidence in reason:

1. am I willing to change my position when the evidence leads to a more reasonable position?
2. do I adhere to principles of sound reasoning when persuading others on my position; do I distort to support my position?
3. do I deem it more important to win an argument or see the issue from the most reasonable perspective?
4. do I encourage others to come to their own conclusions or do I try to force my views on them?
5. **Intellectual Autonomy:** thinking for oneself while adhering to standards of rationality; thinking through issues using your own thinking rather than uncritically accepting viewpoints of others.

Consider the following to foster intellectual autonomy:

1. to what extent am I a conformist?
2. to what extent do I uncritically accept what I am told by my government. media, etc
3. do I think through issues on my own or do I merely accept the views of others?