

Noticing	1) Managing distractions/ mindfulness	2) Self talk	3) The 'How' of noticing	4) The 'What' of noticing	5) Impact & outcomes
<b>Embodies; "I can't not."</b>	Uses occasional inevitable mind wandering as opportunities to imagine and memorise.	"I keep my mind open to new possibilities and meanings."	Seeks deep seated pattern in order to create meaning.	Has a deep understanding of their field of interest / study.	Noticing to seek new understandings or ways of thinking. Produces detailed outcomes.
<b>Organises; "I make sure."</b>	Maintains a focused stance. Achieves a state of flow.	"That's unusual. It's a bit irregular. Haven't spotted anything like that before. I wonder what's happening."	Relates minute or peripheral detail to a big picture/schema/ taxonomy.	Spots trends, patterns, anomalies. Recognises irregularities or apparent contradictions.	Noticing to develop hypotheses.
<b>Values; "I see why."</b>	Slows down their thinking and can alternate between focused and distracted states of mind effectively.	"I like to take my time. When I do I notice more and more interesting things."	Attentive noticing leads to them gaining greater interest in and becoming more curious about things.	Picks out things they find curious, different, unusual.	Noticing to explore possibilities.
<b>Responds; "I'll try."</b>	Knows their distraction triggers and tries to manage them. Thinks positively to maintain focus.	"I like to see what I can spot. I've seen something like this before."	Focuses attention on what matters/is required for the task in hand.	Notices differences and similarities linked to what they know. Spots connections.	Noticing in order to raise questions and identify what is important.
<b>Receives; "Show me. Tell me."</b>	Aware of distractions and tries to control them.	"I look for what I like and can tell you about it."	Needs help to 'see' beyond the familiar or stand out features.	Notices what matters to them and things they like or enjoy.	Noticing to be able to describe what is observed.
<b>Lacks; "I can't. I won't."</b>	Attention is all over the place.	"I don't take much notice of things."	Noticing attentively is not part of what they do.	Notices randomly.	Looks, but doesn't see. Hears but doesn't listen.