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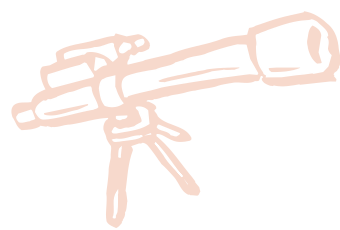
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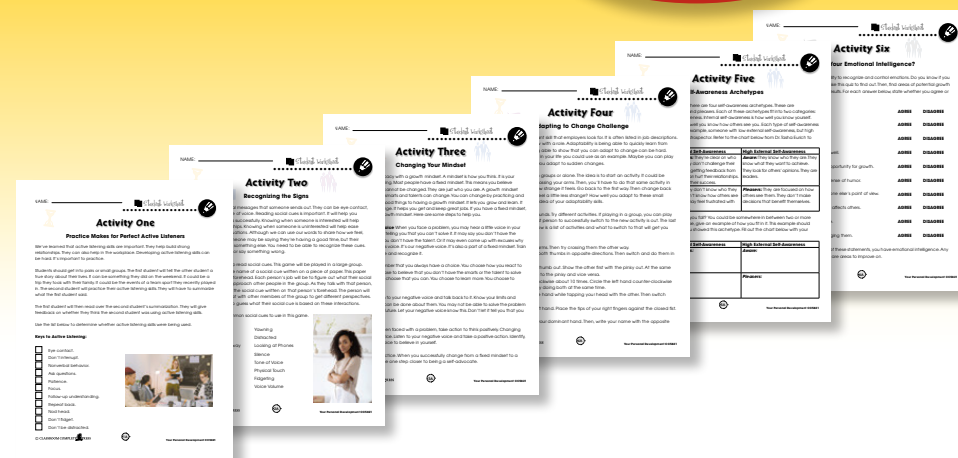
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Self-Awareness

1. Carla is out with friends. The group is laughing and having a good time. Suddenly, Carla feels angry. She screams out in frustration. When asked what's wrong, Carla is not able to answer. Is Carla self-aware? Why or why not?

2. Ike is giving a presentation. He's standing in front of his peers. He feels nervous about public speaking. He's sweating a lot and is having a hard time speaking. He's worried everyone can see how much he sweats. Is Ike self-aware or self-conscious? Explain why.



3. Write each term beside its meaning.

confidence social norms anxiety self-consciousness nervous

a) Behaving in a way accepted by a group.

b) A constant state of fear.

c) Being a little worried or scared of something.

d) Feeling sure of yourself.

e) Embarrassed when around others.



Self-Awareness



Self-awareness means to know yourself. This includes your traits, behaviors and feelings. Self-awareness answers the questions: why you feel what you feel, and why you behave in a particular way. Researchers estimate that we become self-aware at 18 months of age. This is when we look in the mirror and recognize ourselves staring back. However, there's more to self-awareness than just recognizing yourself in the mirror.

Why is self-awareness important? It gives you **confidence** and creativity. It allows you to make better decisions. It helps you build stronger relationships. It allows you to communicate better.

There are 2 types of self-awareness: public and private. **Public self-awareness** means you know how you look to others. **Private self-awareness** means you know about yourself in a private way.

Public Self-Awareness	Private Self-Awareness
<ul style="list-style-type: none"> Happens when you are the center of attention. Like giving a presentation. If you have this, you usually follow social norms. When you know that you're being watched, you act in a proper way. Can lead to anxiety. You may worry about how others see you. 	<ul style="list-style-type: none"> The "sick to your stomach" feeling when you forget something. The "butterflies" you feel when you see someone you like.

Are the following scenarios examples of public or private self-awareness?

- | | | |
|---|---------------|----------------|
| a) Renata isn't sure if she locked the door before leaving. | PUBLIC | PRIVATE |
| b) Fahad stands at the front of class ready to give his presentation. | PUBLIC | PRIVATE |
| c) Imani is worried that someone saw her slip on the ice. | PUBLIC | PRIVATE |
| d) Fu sees someone he likes and smiles. | PUBLIC | PRIVATE |



Self-Awareness

1. Fill in each blank with the correct word from the reading.

_____ happens when you become too self-aware. You become _____ and believe people are judging you. For example, if you are _____ about your nose, you might think that's what people see when they look at you. In truth, they might not notice it at all. This sort of _____ can lead to a _____. It's important to have self-awareness, but you don't want to go too far.

2. Match the tips to support self-awareness with their descriptions.

- | | | | |
|---|------------------------|---|---|
| 1 | Curiosity | Replace screen time with exchanges with people. | A |
| 2 | Lower Your Guard | Look in a mirror. Understand how your emotions are shown on your face. | B |
| 3 | Reflection | Find out how others see you. Don't just assume. Get it from the source. | C |
| 4 | Journaling | Be curious about yourself. | D |
| 5 | Put Down the Device | Write down events that happened to you. How do these things make you feel? For negative feelings, find what triggered them. Same for positive feelings. | E |
| 6 | Other Perspectives | Take the time for self-reflection. How are you feeling at a specific moment? | F |
| 7 | Check-in With Yourself | See yourself in a less than positive light. | G |

Self-Awareness



3. One of the top 7 tips on how to support self-awareness is to "put down the device". This means replacing screen time with exchanges with people. Come up with 3 group activities you can do with others that don't use a device.



Graphic Organizer

4. Use the graphic organizer on page 12 to help identify your own inner and outer traits.

Self-awareness means knowing yourself, both in and out. This includes your traits, behaviors and feelings. Traits can be honesty, loyalty, kindness, positivity, anger, greed, selfishness, confidence, among others. Behaviors can be cautious, creative, curious, lazy, impatient, aggressive, among others. Feelings can be sadness, happiness, fear, surprise, disgust, among others. Do some research to find more words that represent traits, behaviors and feelings.

On the graphic organizer, look inward and write down all the inner and outer traits you think you have. These should fall within the three categories: traits, behaviors and feelings.



Research a Self-Advocate in History

There are plenty of examples of people throughout history who were self-advocates. Someone who had to stand up for themselves. Someone who had to stand up for their work. For example, when Rosa Parks sat down on the bus. Or further back, when Galileo was put under house arrest for claiming that the Earth went around the sun.

Do some research. Find another example of someone in history who was a self-advocate. Imagine you are able to interview this person. Using the questions below, imagine what this person's answers might be.

1. What is your name? What did you self-advocate for?

2. What were your rights?

3. Were you scared at any time? What feelings did you have?

4. What were your needs? How did you get what you need?

5. What were your strengths? What were your weaknesses?

6. What challenges did you face?



Crossword Puzzle!

Across

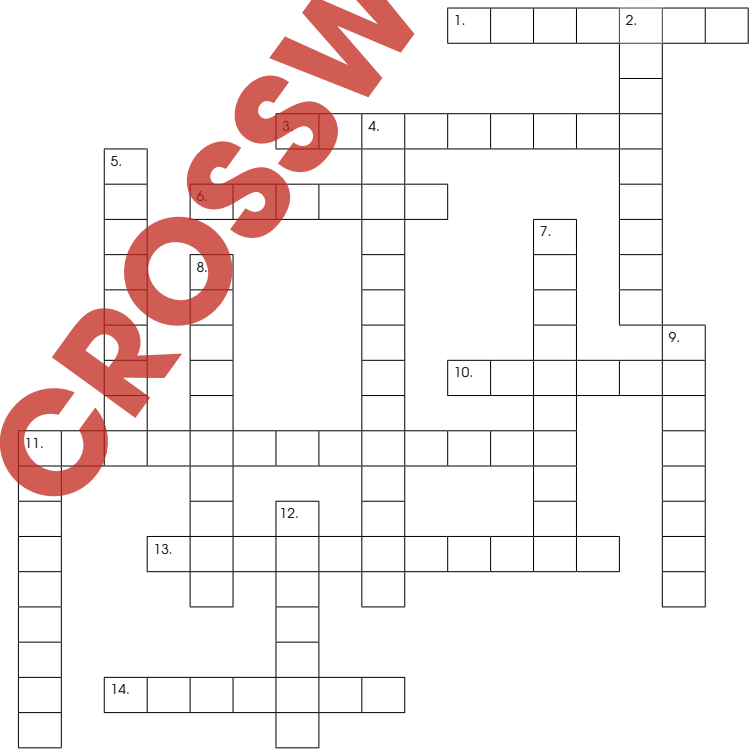
1. Feeling scared or worried.
3. To not hold back when voicing your feelings.
6. Someone who is self-aware is usually _____.
10. Being able to identify with someone or something.
11. The adaptability skill that means you welcome others' ideas.
13. Understanding someone's _____ will lead to strong relationships.
14. Cognitive, emotional and compassionate are three types of what?

Down

2. Paying attention to things around you.
4. The second area of emotional intelligence is _____.
5. What kind of communication involves gestures?
7. The adaptability skill that means you take criticism well.
8. This area of emotional intelligence means you are eager to take on new challenges.
9. When active listening, it's important to give helpful _____.
11. You must be _____ in yourself to make your own decisions.
12. When you worry about how others see you, _____.

Word List

anxiety
assertive
collaborative
confident
empathy
feedback
humble
motivation
nervous
nonverbal
observing
point of view
relate
resilience
self-regulation



Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) When someone interrupts you, you should get angry.
- TRUE FALSE** b) Knowing yourself will allow you to know your limits and lead to self-awareness.
- TRUE FALSE** c) You can show adaptability by taking risks.
- TRUE FALSE** d) Researchers estimate that we become self-aware at 18 years old.
- TRUE FALSE** e) If you have emotional intelligence, you can recognize your own emotions, but not those of others.
- TRUE FALSE** f) Self-regulation means you don't overreact to things.

Part B

Put a checkmark (✓) next to the answer that is most correct.

- What is active listening?
 - A Listening.
 - B Observing.
 - C Providing feedback.
 - D All of the above.
- What is NOT a part of self-advocacy?
 - A Knowing yourself.
 - B Knowing the future.
 - C Knowing your needs.
 - D Knowing how to get what you need.

SUBTOTAL: /8

Talking Cues

The following talking cues will help with active listening.

"I learned that..."

"I agree because..."

"I feel..."

"Did you mean...?"

"I don't understand..."

"It sounds like you're saying..."

"In other words,..."



Self-Awareness

1. Fill in each blank with the correct word from the reading.

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2. Match the tips to support self-awareness with their descriptions.

<ol style="list-style-type: none"> 1 Curiosity 2 Lower Your Guard 3 Reflection 4 Journaling 5 Put Down the Device 6 Other Perspectives 7 Check-in With Yourself 	<div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Replace screen time with exchanges with people. A</div> <div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Look in a mirror. Understand how your emotions are shown on your face. B</div> <div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Find out how others see you. Don't just assume. Get it from the source. C</div> <div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Be curious about yourself. D</div> <div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Write down events that happened to you. How do these things make you feel? For negative feelings, find what triggered them. Same for positive feelings. E</div> <div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">Take the time for self-reflection. How are you feeling at a specific moment? F</div> <div style="border: 1px dashed black; padding: 5px;">See yourself in a less than positive light. G</div>
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1.

a) Self-consciousness
b) nervous
c) self-conscious
d) hyper-awareness
e) social anxiety disorder

2.

1 D
2 G
3 B
4 E
5 A
6 C
7 F

EASY MARKING ANSWER KEY





Self-Awareness

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