

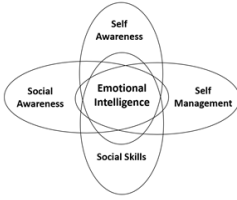
VALUES & CHARACTER DEVELOPMENT

010 SELF-AWARENESS

Facilitator/Mentor Materials

John T. Krochmalny
2020

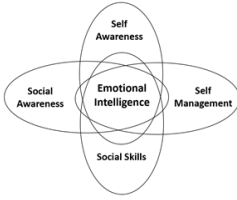




Facilitator Materials for Lesson 010: Self-Awareness

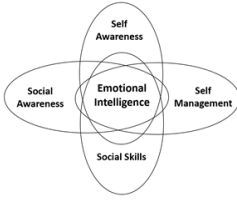
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Notes

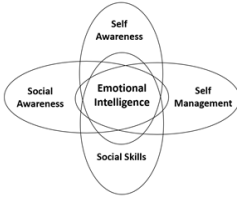


Facilitator Checklist

✓	Do the following tasks before course begins:	Materials Source
<input type="checkbox"/>	Have these materials duplicated for participants: Values / Character Development 010 SELF-AWARENESS	
<input type="checkbox"/>	Get these materials for participants: <ul style="list-style-type: none"> • Pencil or Pen • Spiral Bound Notebook for note taking 	
<input type="checkbox"/>	Distribute these materials to student stations: <ul style="list-style-type: none"> • 	
<input type="checkbox"/>	Have these materials on hand in the room: <ul style="list-style-type: none"> • Internet Connected Personal Computer <ul style="list-style-type: none"> • Monitor Display • Chrome, Google, Firefox Browser or equivalent • High-Speed Internet Connection • Speakers or Earphone Headset • Work Desk • Chair • Electrical outlet and / or power strip • Mentor Conference Location 	Training Room
<input type="checkbox"/>	Prepare the agenda and special notes, and make sure you have the Instructor Materials packet.	



✓	Do the following tasks before course begins:	Materials Source
<input type="checkbox"/>	Locate: <ul style="list-style-type: none"> • Rest rooms • Phones • Break areas • Special regulations: Smoking, Food, PPE 	
<input type="checkbox"/>	Review: Special regulations: Smoking, Food, PPE	



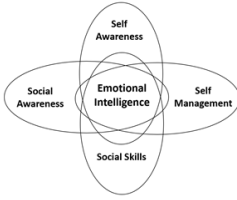
Training Schedule

Lesson Duration: 1.5 hour

1.5 hour Learner Material Engagement

0.4 hour Mentor/Learner Engagement

Topic	Time	Location
Introduction to the 010 SELF-AWARENESS Module	5 min.	Classroom / Mentor
SELF-AWARENESS Learning Materials Introduction	1 min.	Classroom / Computer
Read: What is self-awareness? And how can you cultivate it?	25 min.	Classroom / Computer
Read: 15 Simple Exercises to Increase Your Self-Awareness	25 min.	Classroom / Computer
Video: Increase your self-awareness with one simple fix.	18 min.	Classroom / Computer
Video: A Lack of Self-Awareness	1 min.	Classroom / Computer
End of Module Questions	15 min.	Classroom / Computer
Check for and Apply Understanding	15 min.	Classroom / Mentor



Lesson Guide

Lesson Objective

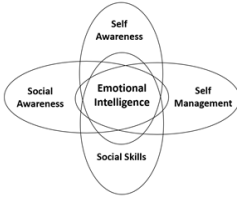
By the end of this session, learners should be able to:

1. Describe Self-Awareness
2. Identify behaviors associated with Self-Awareness
3. Relate destructive behaviors affects to solutions applied with Self-Awareness

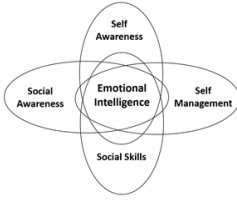
Level Steps

B = Basic I = Intermediate A = Advanced

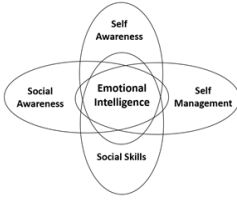
Level	Steps	What to Say	What to Do
B	Module Introduction and Lesson Overview SELF-AWARENESS	Overview why we will be covering these topics.	Explain why these lesson materials will benefit the learner(s). Explain the expectations and benefits of successfully completing the coursework.
B	Introduction to the Self-Awareness Module learning materials	Explain the module learning materials and layout. Explain the use of educational technology in the course delivery.	Show the module learning materials involved in the course: 010 SELF-AWARENESS Show the learner how to use the personal computer to access the on-line learning materials.



Level	Steps	What to Say	What to Do
B	Values & Character Development SELF-AWARENESS	Learners will start this module with reading the SELF-AWARENESS text and read the module related On-line articles: Read ‘ What is self-awareness? ’ Read “ 15 Simple Exercises to Increase Your Self-Awareness ”	Learners will read the SELF-AWARENESS Module text and access the On-line materials covering module materials. Read ‘ What is self-awareness? ’ Read “ 15 Simple Exercises to Increase Your Self-Awareness ”
I	Values & Character Development SELF-AWARENESS	Watch “ Increase your self-awareness with one simple fix. ”	Watch “ Increase your self-awareness with one simple fix. ”
I	Values & Character Development SELF-AWARENESS	Watch “ A Lack of Self-Awareness ” Learners will also watch the embedded video “ How To Build Relationships That Make A Difference To Your Career ”.	Watch “ A Lack of Self-Awareness ” Learners will also watch the embedded video “ How To Build Relationships That Make A Difference To Your Career ”.
A	Values & Character Development SELF-AWARENESS End of Module Questions	Learners will complete the SELF-AWARENESS End of Module Questions based upon module text and related on-line learning materials.	Learners will complete the SELF-AWARENESS End of Module Questions based upon module text and related on-line learning materials.



Level	Steps	What to Say	What to Do
A	Values & Character Development SELF-AWARENESS Check for and Apply Understanding	On the SELF-AWARENESS module's last page, learners will fill out their name, date, and answer the questions listed. After completion, learners will give this page to their facilitator/mentor for appraisal and record.	On the SELF-AWARENESS module's last page, learners will fill out their name, date, and answer the questions listed. This questionnaire will be the record for what the learner will be doing to apply the lessons learned in this module. After completion, learners will give this page to their mentor for appraisal and record.



References

The sources below were used in preparation of this lesson and may be consulted for additional background information.

What is self-awareness? And how can you cultivate it?

<https://www.nbcnews.com/better/lifestyle/what-self-awareness-how-can-you-cultivate-it-ncna1067721>

Spector, N. (2019, November 6). What is self-awareness? And how can you cultivate it? *NBC News Better*. <https://www.nbcnews.com/better/lifestyle/what-self-awareness-how-can-you-cultivate-it-ncna1067721>

15 Simple Exercises to Increase Your Self-Awareness

<https://liberationist.org/15-simple-exercises-to-increase-your-self-awareness/>

Razzetti, G. (n.d.). 15 simple exercises to manage your self-awareness. *Liberationist*. <https://liberationist.org/15-simple-exercises-to-increase-your-self-awareness/>

Increase your self-awareness with one simple fix. Tasha Eurich TEDxMileHigh

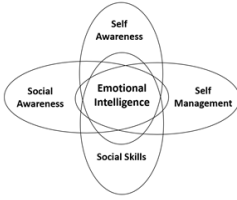
<https://youtu.be/tGdsOXZpyWE>

TEDx Talks. (2017, December 19). *TEDxMileHigh – Tasha Eurich - Increase your self-awareness with one simple fix*. [Video]. YouTube <https://www.youtube.com/watch?v=tGdsOXZpyWE&feature=youtu.be>

A Lack of Self-Awareness

<https://youtu.be/cPgWtDWICjU>

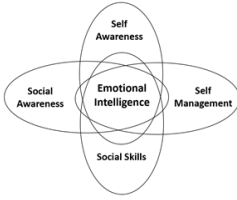
Keaveney, C [Colm Keaveney]. (2015, July 16). *A lack of self-awareness* [Video]. YouTube. <https://www.youtube.com/watch?v=cPgWtDWICjU&feature=youtu.be>



010 SELF-AWARENESS Module Questions and Answers

NOTE:

1. Learners are expected to engage with the module learning materials and apply critical thinking skills to determine how to apply the lessons to their own lives and situations. The role of the course facilitator/mentor is to become a guide and coach for learners and not to be “the expert” authority telling participants the correct answers. For successful module completion, learners will explore acceptable solutions, learn how to apply those solutions, and measure their progress in solutions application.
2. The module objective is to have participants explore how Self-Awareness relates to a successful life and learn how to apply these to their own lives. Successful module completion by learners should be identified by the participant’s understanding what Self-Awareness is, how to identify applications of Self-Awareness, and how to apply Self-Awareness in the workplace.
3. The Check for Understanding Questions will be filled out by participants. This should be considered their Personal Commitment Plan (PCP) or goals for applying the lessons learned in the module. Facilitators/Mentors should use the PCP as an instrument to gauge learner success in meeting their identified Self-Awareness goals.

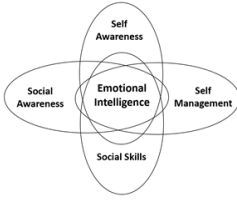


End of Module Questions:

1. Regarding the **A lack of self awareness** video, what specifically was the source of the conflict?

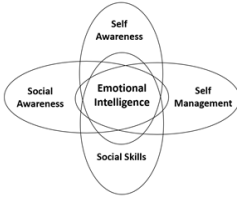
2. In reference to the **A lack of self awareness** video above, which of the four areas of Emotional Intelligence was affected and how was that behavior displayed?

3. Referencing the video, **A lack of self awareness** above, and in terms of arriving at positive outcomes for this meeting, explain in detail what would be your solutions?



4. In what specific ways will the ideas covered in this Self-Awareness module help you in your interpersonal relationships?

5. In reference to Question 4 above, what specific measurements of activity would you use to determine successful outcomes from your actions?



Values & Character Development 010 SELF-AWARENESS

Check for and Apply Understanding

NAME: _____

DATE: _____

FACILITATOR / MENTOR: _____

DATE: _____

1. Name four things you could do to cultivate your sense of self-awareness.

a. _____

b. _____

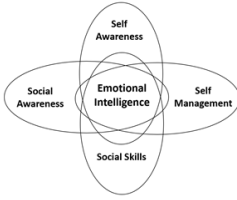
c. _____

d. _____

2. In reference to Question 1 above, select two things you will do to cultivate your own self-awareness and write exactly how you will achieve it.

1. _____

a. _____



2. _____

a. _____

3. In reference to Question 2 above and with the two things you will do to cultivate your own self-awareness, write exactly how you will intend to measure your success in achieving it.

1. _____

a. _____

2. _____

a. _____

