

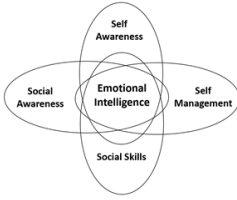
VALUES & CHARACTER DEVELOPMENT

020 SELF-MANAGEMENT

Learner Materials

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2020





Values & Character Development

020 Self-Management

MODULE LEARNING OUTCOMES:

1. Describe behaviors associated with Self-Management
2. Identify indicators associated with Self-Management
3. Describe Self-Management benefits to a successful life

SELF-MANAGEMENT

Self-Management is about one's behavior around others. It is about one's ability for self-control and self-direction. Self-management involves one's current state of trustworthiness, conscientiousness, and adaptability as demonstrated in their behavior. In this area, the character of individuals is displayed for others to see and experience. The character of individuals is most often related to their core values. Core values are the foundation on which we perform our work or conduct ourselves. Core values are what determines our individual sense of what is right and what is wrong.

Self-Management

Read: Self-Management Skills: Definition and Examples

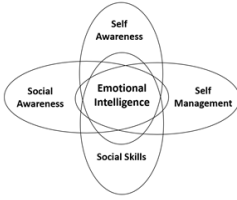
<https://www.indeed.com/career-advice/career-development/self-management-skills>

Read: Build Your Self-Management Skills

<https://www.youthemployment.org.uk/young-professional-training/self-management-skills-young-professional/>

Read: Power to the People: Why Self-Management is Important

<https://er.educause.edu/blogs/2015/9/power-to-the-people-why-self-management-is-important>



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Estimated Completion Time: 1.0 Hour

Read: 5 Ways to Improve Your Self-Management Skills

<https://blog.ace-up.com/5-ways-to-improve-your-self-management-skills>

Read: 5 Essential Self-Management Skills

<https://www.foundationeducation.edu.au/articles/2016/10/5-self-management-skills-you-need-to-win-at-life>

Watch: Managing Yourself As A Resource | Self-Management in the Workplace

<https://youtu.be/a8jUKSQcnKw>



End of Module Questions:

1. Why would you believe that Self-Management is an important skill that employers might be looking for in their staff?

2. Identify three specific skills associated with Self-Management and what you can do to develop these skills.

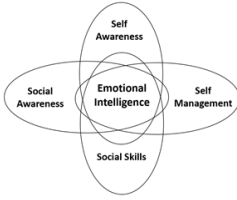
1.

2.

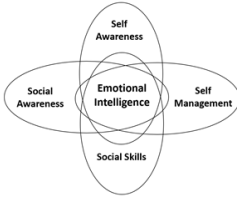
3.

3. Why would you believe that skills of self-management would be important for you to develop?

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



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End of Module Check for Understanding:

NAME: _____

DATE: _____

FACILITATOR / MENTOR: _____

DATE: _____

Check for and Apply Understanding:

1. Name four things individuals could do to develop their self-management.

- a. _____

- b. _____

- c. _____

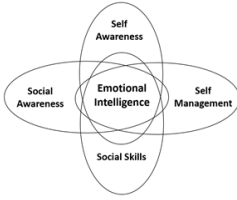
- d. _____

2. In reference to Question 1 above, select two things you will do to develop your own self-management 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 develop your own self-management, write exactly how you will intend to measure your success in applying it.

1. _____

a. _____

2. _____

a. _____

