



# SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior and the capacity to accurately assess one's strengths and limitations. Exhibits growth mind-set with a well-grounded sense of confidence and optimism.

**I KNOW MYSELF.**

## SEL Academic Integrated Strategies

### 7-12 Integrated SEL Strategies Self-Awareness

- As a class project, have students design a brochure promoting positive school experiences including leadership and service opportunities.
- Have students create gratitude journals to acknowledge and appreciate the kindness of others.
- Ask students to develop postsecondary, career, and lifestyle success plans.
- Have students' research career and college interests and learn about specific job responsibilities. Then, have students write a cover letter for the job detailing how they can perform the responsibilities.
- Teach students job interview skills and invite members of the business community to conduct mock interviews with students.
- Ask students to interview an adult who they admire to find out how that person feels about their personal responsibilities and successes.
- As a class project, have students develop a public service announcement for extracurricular activities at school and include why students should join.