Self-Awareness

The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes the ability to recognize one's own strengths and limitations with a well-grounded sense of confidence and purpose.

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose