

# Self-Awareness Handout 8: Action Planning

## Directions

Individually or in a team, plan steps to support students’ development of one or more self-awareness sub-competencies.

## Sub-Competency 1

**Recognizing one’s feelings and thoughts**, which includes the ability to recognize and name emotions, identify sensations associated with both positive and negative emotions, and identify situations or “triggers,” whether personal, social, cultural, or environmental, that produce negative or positive emotional responses.

### Action Planning

How does this sub-competency currently look and sound in your classroom(s)? What are student strengths and areas for improvement?

Considering what you’ve learned, what is one method of supporting the development of this sub-competency that could be successful in your classroom, and that you would like to actively implement?Your chosen method reflects which of the following strategies? (We encourage using all of them but starting off with just one.)

* Direct instruction regarding the sub-competency
* Integration of the sub-competency with academic content
* General teaching practice that supports the sub-competency

What resources and support will you need to do this well?

What will the method look and sound like if successful? What data can you collect to monitor its effectiveness?

## Sub-Competency 2

**Recognizing the impact of one’s feelings and thoughts on one’s own behavior,** which includes the ability to match situations with likely emotional reactions, match appropriate consequences with positive or negative actions stemming from emotional responses, and evaluate how expressing one’s emotions impacts oneself in various situations.

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## Sub-Competency 3

**Recognizing one’s personal traits, strengths, and limitations,** which includesrecognizing one’s own interests and skills, identifying areas for personal improvement and support needed, and eventually, translating interests into planning for one’s future.

### Action Planning

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Your chosen method reflects which of the following strategies? (We encourage using all of them, but starting off with just one.)

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What resources and support will you need to do this well?

What will the method look and sound like if successful? What data can you collect to monitor its effectiveness?

## Sub-Competency 4

**Recognizing the importance of self-confidence in handling daily tasks and challenges**, which includes understanding the qualities of a positive and negative attitude, recognizing the impact of one’s attitude when facing challenges, and identifying strategies to overcome obstacles to one’s goals.

### Action Planning

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