



Self-Awareness

To develop the concept of Self-Exploration and Self-Awareness among Students.

To help in identifying and sharing Students' interests, aspirations, strengths, weaknesses and concerns.

To enhance understanding of self and others.

Process:

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This session explains the importance of Self-Awareness and Self-Exploration as a value. The focus is on the process of Self-Reflection and sharing about the students' interests, thoughts and/or concerns regarding themselves and the world. It is conveyed to students that such sharing helps in developing self-confidence. The way in which a person talks about her/himself, defines for others and oneself, the sort of person s/he chooses to be. If you do not define yourself, others may define you in ways that meet their own rather than your needs. Self-Introspection also helps in making an assessment of oneself with respect to one's aspirations and helps in charting a course of action or assesses one's progress.

Activity 1 : Discover-Yourself !

If you were to answer the question, what are ten different things that you will write about yourself in the Worksheet given? Use the category chart given:

Let us examine what you have written about yourself and put them under these three groups:

Group 1: External-Me (EM)

All sentences that describe your physical self like age, gender, appearance are about your physical self. For example, "I am tall." Put EM against such sentences.

Group 2: Social-Me (SM)

All sentences that you have written about your parents, brothers and sisters, relatives, school and country etc. are about your social-self. For example, "I study in School." Put SM against such sentences.

Group 3: Inner-Me (IM)

All sentences that describe qualities or talents that you possess and are valued by yourself or others reflect your inner self or nature. For example, "I am good in English." Or "I love Theatre". Put IM against such sentences.

Group 1: External-Me (EM)	Group 2: Social-Me (SM)	Group 3: Inner-Me (IM)
Age, Gender (Boy/Girl), Appearance etc	Parents, Brothers, Sisters, Relatives, School, Country etc.	Talents, Qualities etc



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Worksheet - Discover Yourself: Who Am I?

S. No.	Sentences about Yourself	Category

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