

Lesson 1: What is Self-Awareness?

CCSS

RI.9-10.1, SL.9-10.1, SL.9.10.2, W.9-10.10

TEKS

110.31.(b)(6), 110.31.(b)(24)-(26),
110.31.(b)(12), 110.31.(b)(13)

Objective

What this lesson will achieve: Students will learn what self-awareness is and why it's important as they begin building self-determination.

Goals

- Understand what self-awareness is and why it's important to learn.
- Identify ways to build self-awareness.

Key Ideas

- Self-awareness is the ability to identify your characteristics, qualities, and feelings.
- There are three parts to self-awareness.
- Self-awareness isn't fixed. It can be improved.

Vocabulary

Emotional self-awareness, self-assessment, self-awareness

Lesson 1 Steps:

1. **Pre-teach** lesson vocabulary by having students work independently, in pairs, or as a group, to complete the vocabulary activity in the Student Workbook.
2. **Introduce** the lesson content on self-awareness in ONEder Academy.
3. **Build background** by showing students the *How to Be Self-Aware* video in ONEder Academy.
4. **Check for Understanding** using the formative assessment in ONEder Academy.
5. **Reflect on Learning** using the *Self-Awareness Activity* in the Student Workbook.
6. **Wrap Up** the lesson by having students review what they learned and then introduce them to the next lesson.



Differentiation Strategies

Encourage struggling readers to use the **highlighted text** or **read-aloud** functions.

Model completing a row in one of the tables in the *Self-Awareness Activity* using a **think aloud**.

Provide students with a completed copy of the *Self-Awareness Activity* that they can use as a **reference**.



Connect to Home

***Optional:** The *Connect to Home* activities for this course are multi-step exercises that have students and their families plan for transition success. These activities can be assigned at any time in this unit. Full details can be found in the Student Workbook.

Lesson 1: What is Self-Awareness?

In this lesson, you'll learn about **self-awareness**!

Before you get started, let's review the *Words You Need to Know* for this lesson! Read each of the words in the box out loud and put a check next to the ones that you already know. Then, use the glossary at the back of this book to find the definition for each word. Finally, write the word, its definition, and a sentence using the word, in the space provided below.

Words You Need to Know	
<input type="radio"/> Emotional self-awareness	<input type="radio"/> Self-awareness
<input type="radio"/> Self-assessment	

Word	Definition
Sentence	

Word	Definition
Sentence	

Word	Definition
Sentence	

Lesson 1: What is Self-Awareness?

Self-Awareness Activity

Directions: Complete the following charts independently by putting a check in the box. Then, share your results with a peer.

Emotional self-awareness: Being able to recognize the emotions that you experience, understand the feelings associated with those emotions, and understand what you think and do as a result,

Description	Yes	No	Sometimes
I know what emotion I am feeling and why I am feeling it.			
I understand the connections between my feelings and what I think, do, and say.			
I recognize how my feelings affect my success.			
I know how I experience each emotion.			

Accurate self-assessment: Identifying your strengths and limitations.

Description	Yes	No	Sometimes
I am aware of my strengths and limitations.			
I think about what has happened and try to learn from it.			
I am open to feedback.			
I know what I like and don't like.			

Lesson 1: What is Self-Awareness?

Self-Awareness Activity

Self-confidence: Sureness about one's self-worth and capabilities.

Description	Yes	No	Sometimes
I feel proud of who I am.			
I think I add value to the world.			
I am capable of being successful.			
I know what I am capable of.			