

# Self-Awareness Unit Outline

## ACCESS Self -Awareness -TI- Unit Outline of Student Learning Objectives

### a. Values

Students will:

- Discuss and reflect on the concept of success in a variety of dimensions
- Explore personal attributes through activity
- Reflect and share on concepts of success, likes and dislikes, who I am
- Identify personal likes and dislikes
- Become better acquainted with classmates' likes and dislikes

### b. Self Assessment

Students will:

- Identify and understand self-determination levels

### c. Learning Styles

Students will:

- Identify personal learning style
- Maximize on personal strengths
- Improve self-advocacy skills

### d. Hopes & Dreams

Students will:

- Differentiate between real and fantasy career choices or goals

### e. Motivation

Students will:

- Observe the positive effects of personal motivation through essays and real life examples
- Understand the connection of goal setting and positive motivation
- Believe the elements of motivation are possible and common to all people at any age
- Understand the elements of motivation and how to maintain it personally
- Understand and react to failure in a positive way

**f. Work Values**

Students will:

- Expand definition of work
- Identify one's personal work values
- Identify general areas of career interest
- Understand the concept of future and dreams
- Connect high school with post-secondary possibilities
- Develop a dream (plan) for the future

**g. Goal Setting**

Students will:

- Describe the meaning of success
- Understand the connection to goal setting
- Apply success definition to one's own life
- Identify one goal for self
- Plan action steps to complete a goal