SOFT SKILS

Self-Concept Self-Awareness

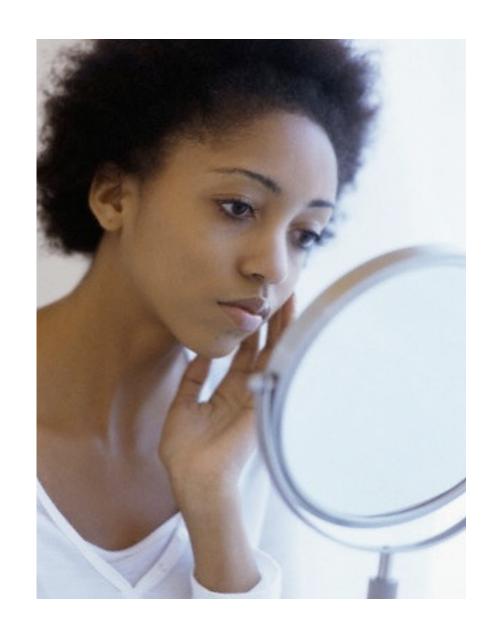
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Who am !?

What is 'Self-concept'?

It is a general term for how someone thinks about, evaluates, perceives themselves.

Source: Simply Psychology https://simplypsychology.org



Who Am I?

The self concept can be described as the most fundamental possession

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▶ Knowing who we are is essential as without a self concept, we cannot relate effectively to the world



Look at the following video clip

How would you describe Fancy Cat's 'self concept'?

https://www.youtube.com/watch? v=dV-4QehGlyl&t=97s

How would you describe Fancy Cat's self concept?

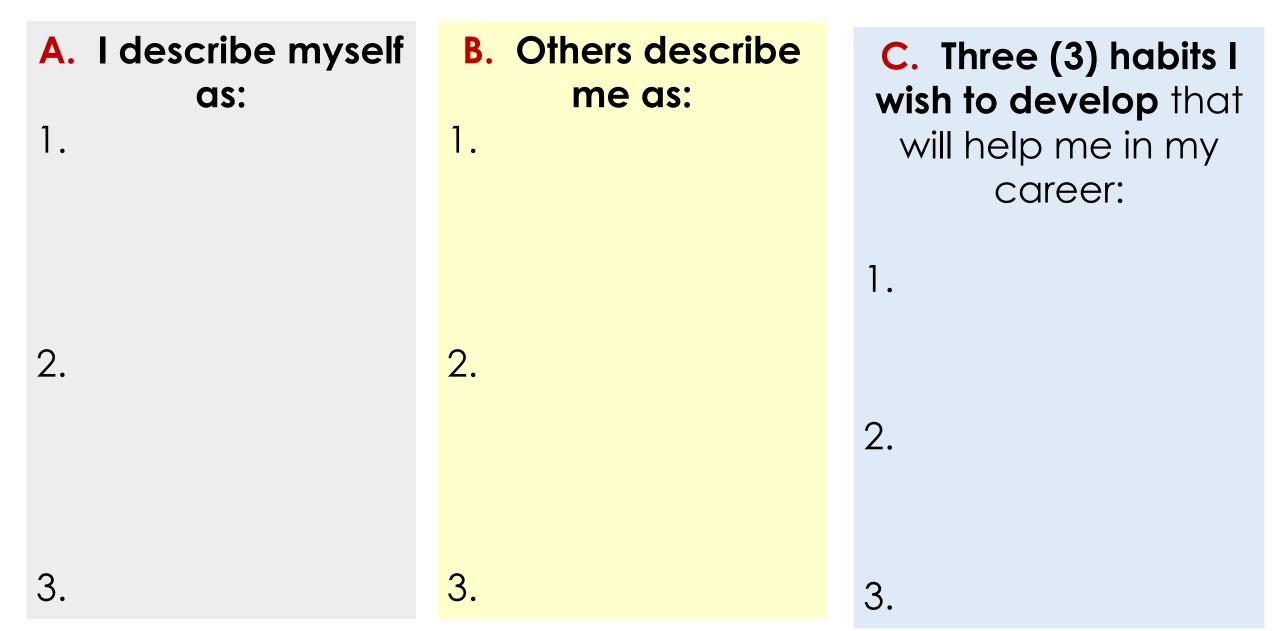
Who Am I?

 Think about how you see yourself and how others have described you.



Note book Activity

Open to a clean page in your notebook and do the following activity



Class Discussion #1

1. Which column (A, B, or C) was easiest to compete? Why?

2.What column (A, B, or C) was the most difficult to complete?

3. Why do you think it was so hard?

Skill Component Steps

- 1. Identify the behaviour you wish to change
- 2. Identify the reasons for changing this behaviour
- 3. Choose the new behaviour
- 4. State how this new behaviour is beneficial for you
- 5. Identify ways that will help you develop the new behaviour
- 6. Practice the new behaviour

Group Activity

• In groups of five each participant select one new behaviour or "habit" that you wish to start practicing now.

• List some ways in which you can develop this new behaviour (resources.

• State ways in which you can practice this new behaviour

Individual Assignment

Look at what you wrote in Column C.

1.Choose one habit you wish to develop starting now

2. What impact will this "habit" have on you?

3. What impact will this "habit" have on your job?

Commitment

In practicing the new behaviour, how will you interact with others in your home, workplace, or community?