



**SOFT
SKILLS**

**Self-Concept
&
Self-
Awareness**

**Created by:
Ms. Denise Simpson**

Who am I?

What is 'Self-concept'?

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

Source: Simply Psychology
<https://simplypsychology.org>



Who Am I?

- ▶ The **self concept** can be described as **the most fundamental possession**
- ▶ Why?
- ▶ **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](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

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A. I describe myself as:

1.

2.

3.

B. Others describe me as:

1.

2.

3.

C. Three (3) habits I wish to develop that will help me in my career:

1.

2.

3.

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?