UNITE

UNITE THE WORLD WITH AFRICA FOUNDATION, INC.

# SELF AWARENESS




UNITESCHOLARSPROGRAM.ORG

*@unitetnz | @unite_scholars_program*

# WHAT IS SELF-AWARENESS?




- The ***“self”*** refers to what makes one’s identity unique. Unique components of the ***“self”*** include thoughts, experiences, and abilities. Self-awareness, therefore, is the ability to see yourself clearly and objectively through self-reflection and introspection.
- When you are self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values, and understand correctly how others perceive you.

# WHY IS SELF-AWARENESS IMPORTANT?

## IT INCREASES YOUR SOCIAL ABILITIES.

People who are self-aware are very successful when creating relationships, because they are able to realize exactly what they want in each person they meet. That certainty comes from knowing one's own abilities and challenges.





## PROMOTES VERSATILITY AND OPEN-MINDEDNESS

Self-awareness in itself is the ability to actively seek to listen to the body and mind to know your natural response to change. This consciousness can give you clear focus when dealing with issues and accepting opinions, feedback, and criticism from other people. Ultimately, it enables you to find multiple solutions to a single problem.

## PROMOTES PRODUCTIVITY

People who are self-aware are fast thinkers. They understand themselves and are able to focus on the challenges of the day without hindrances. Without understanding yourself, you are held back by uncertainty. This results in the waste of precious time spent pondering over various courses of action, especially when a swift decision is needed.

## IMPROVES LEADERSHIP SKILLS

One of the most important attributes of a good leader is swift decision-making. A leader should also be impartial and confident. Knowing yourself helps you manage internal fears, and it allows you to focus on important matters.

# PERSONALITY & SELF AWARENESS TEST

Read the skills carefully and tick or select
where there you do this well or need to improve.

| S/No | SKILL | I DO THIS WELL | I NEED TO IMPROVE |
|---|---|---|---|
| *1* | ***ACTING AS A ROLE MODEL (BEING POSITIVE AND PROFESSIONAL)*** | | |
| | I am always on time . | | |
| | I actively contribute to the positivePeople sometimes listen without understanding what the speaker is saying. | | |
| | I do not let personal issues interfere with my studies or daily activities. | | |

# PERSONALITY & SELF AWARENESS TEST

| S/No | SKILL | I DO THIS WELL | I NEED TO IMPROVE |
|---|---|---|---|
| ***2*** | ***ASKING QUESTIONS WHILE LISTENING TO OTHERS*** | | |
| | I use different types of questions (open, closed, leading, limiting). | | |
| | I ask open and prob ing questions | | |
| | I postpone my judgment by first asking questions to get clarification. | | |

# PERSONALITY & SELF AWARENESS TEST

| S/No | *SKILL* | I DO THIS WELL | I NEED TO IMPROVE |
|---|---|---|---|
| *3* | ***LISTENING ACTIVELY TO OTHERS*** | | |
| | I pay attention to verbal and non-verbal cues (e.g. nodding and eye contact). | | |
| | I paraphrase to gain more clarity (e.g. “Can I check wha t you just said?”) | | |
| | I summarize what I have heard. | | |

# PERSONALITY & SELF AWARENESS TEST

| S/No | SKILL | I DO THIS WELL | I NEED TO IMPROVE |
|---|---|---|---|
| 4 | ***CONSIDERING NON-VERBAL COMMUNICATION AND REACTING TO IT*** | | |
| | I smile when listening to others. | | |
| | I use open gestures in communication. | | |
| | I look at the messages of a person's body language. | | |
| | I use a friendly, polite , and sincere tone. | | |

# REFLECTION QUESTIONS

Am I self-aware? Can my peers say that I am self-aware?

What can I do to improve myself in areas in which I am not doing well?

What can I do to maintain and enhance what I am doing well?

Am I willing to help someone in my class, group, or society become more self-aware? How could I best do this?



# CULTIVATING SELF-AWARENESS



## CREATE SPACE FOR YOURSELF

When you are in a dark room without windows, it is fairly difficult to see things clearly. The space you create for yourself is that crack on the wall where you allow light to come through. Leave yourself some time and space every day, perhaps first thing in the morning or half an hour before sleep. Also, stay away from the digital distractions and spend time reading, writing, meditating, and connecting with yourself.

## PRACTICE MINDFULNESS

Mindfulness is the key to self-awareness. Through mindfulness practice, you will be more present with yourself so that you can “be there” to observe what’s going on inside and around you. It is not about sitting cross-legged or suppressing your thoughts. It is about paying attention to your inner state and emotions and feelings as they arise. You can practice mindfulness at any time you want, through mindful listening, mindful eating, or mindful walking.



# KEEP A JOURNAL

Writing not only helps us process our thoughts, but it can also makes us feel more connected and at peace with ourselves. Writing can also create more head space as you let your thoughts flow out onto the paper. Write about what you think you can do and what is important to you.

## PRACTICE BEING A GOOD LISTENER

Listening is not the same as hearing. Listening is about being present and paying attention to other people's emotions, body movements, and language. It is about showing empathy and understanding without constantly evaluating or judging. When you become a good listener, you will also be better at listening to your own inner voice and become the best friend of yourself.

## EXPLORE DIFFERENT PERSPECTIVES

Ask for feedback. Sometimes we can be too afraid to ask what others think of us, and while sometimes the feedback may be biased, you will be able to differentiate this from real, genuine, balanced feedback as you learn more about yourself and others.

# SCENARIOS



# SCENARIO #1




David, a high school student, has recently been appointed as the head prefect. While he is excited about the position, he faces several challenges. He struggles to communicate effectively with students of different personalities, often leading to misunderstandings. He also finds decision-making difficult, as he fears making mistakes or disappointing others. Additionally, he becomes discouraged when receiving feedback from teachers and peers, taking criticism personally rather than using it for improvement.

# DISCUSSION QUESTIONS

- How can David improve his communication skills to effectively interact with students of different personalities?
- What steps can David take to make decisions more confidently without the fear of making mistakes?
- How can David develop a positive mindset toward feedback and use criticism for self-improvement?
- What leadership qualities should David focus on to manage his responsibilities effectively?
- How can self-awareness help David balance his academic work and leadership duties without feeling overwhelmed?



# SCENARIO #2




Maria is a young entrepreneur who recently launched her own bakery business. She is passionate about baking and has great technical skills, but she struggles with managing her team and making quick business decisions. She often finds it difficult to delegate tasks, fearing that others will not meet her high standards. Additionally, she hesitates when making financial decisions, worrying about potential risks. When customers provide negative feedback, she becomes discouraged and questions her abilities.

# DISCUSSION QUESTIONS

- How can Maria improve her delegation skills and trust her team to meet her standards?
- What strategies can Maria use to make quicker and more confident business decisions, particularly regarding finances?
- How can Maria manage her fear of risk and build a more positive approach to making financial decisions for her business?
- What steps can Maria take to handle negative feedback from customers in a constructive way and avoid discouragement?
- How can self-awareness help Maria balance her technical skills with her leadership responsibilities to run a successful business?



# SCENARIO #3




Victoria, a high school student, has been feeling overwhelmed by her busy schedule. Between schoolwork, extracurricular activities, and part-time work, she finds it hard to stay focused and make decisions that align with her personal goals. In an effort to regain control, Victoria decides to implement practices like creating space for herself, practicing mindfulness, journaling, and becoming a better listener to both others and herself.

# DISCUSSION QUESTIONS

- How might creating space for herself each day help Victoria regain focus and manage her time better?
- In what ways can practicing mindfulness assist Victoria in staying present and reducing stress in her busy life?
- How could journaling help Victoria gain clarity about her goals and emotional state, enabling her to make more informed decisions?
- Why is being a better listener to both others and herself important for Victoria’s self-awareness and personal growth?
- How do you think these practices—creating space,mindfulness, journaling, and listening—could contribute to Victoria’s overall well-being and her ability to cope with stress and make decisions that align with her goals?



# Scenario #4

James, a university student, has recently taken on a leadership role in a student organization while balancing his academic workload. Although he is passionate about his role, he finds himself struggling with time management and prioritization. He often feels overwhelmed by the competing demands of his studies and extracurricular activities. James has noticed that when he tries to lead group projects, he tends to micromanage his teammates because he fears they won't meet his high expectations. This has caused tension within the team, making collaboration difficult. Additionally, he finds it hard to accept feedback from others, which often leads to self-doubt and a lack of confidence in his leadership abilities. In an effort to improve his leadership skills and well-being, James decides to focus on developing greater self-awareness through mindfulness, seeking feedback from others, and practicing delegation.



# DISCUSSION QUESTIONS

- How can practicing mindfulness help James manage stress and improve his ability to prioritize his tasks effectively?
- What impact might James' tendency to micromanage have on his team's dynamics, and how could delegating tasks improve team collaboration?
- How might seeking feedback from his peers help James enhance his leadership skills and build confidence in his abilities?
- In what ways could developing greater self-awareness enable James to balance his academic responsibilities and leadership role more effectively?
- How can James address his difficulty accepting feedback and turn it into an opportunity for personal growth and improved leadership?

# SCENARIO #5

Lily, a high school student, has always been highly focused on her academics, striving for perfection in every subject. However, recently she has been feeling burnt out and disconnected from her friends and family. Her obsession with achieving top grades has led to her isolating herself and neglecting other aspects of her life, such as physical health and personal relationships. Lily has also noticed that when she doesn't perform as expected, she becomes frustrated and overly self-critical, which affects her confidence. In an effort to regain balance, Lily decides to cultivate self-awareness by practicing self-compassion, setting realistic goals, and spending more quality time with her loved ones. She hopes these changes will help her create a more balanced and fulfilling life.



# DISCUSSION QUESTIONS

- How could practicing self-compassion help Lily reduce frustration and improve her overall well-being when she doesn’t meet her high expectations?
- What impact might setting realistic goals have on Lily’s stress levels and her ability to maintain a balanced life?
- How could spending more quality time with her loved ones help Lily reconnect with her support system and improve her mental health?
- In what ways might Lily’s obsession with perfection affect her relationships, and how can self-awareness help her improve these connections?
- How can cultivating self-awareness contribute to Lily’s ability to balance academics, personal life, and mental health more effectively?



UNITE

UNITE THE WORLD WITH AFRICA FOUNDATION, INC.

# THANK YOU

©2026

UNITESCHOLARSPROGRAM.ORG



@unite_scholars_program

@unitetnz