



WHO AM I?

Mansfield Middle School Self-Awareness Lesson

Self-Awareness:

- An awareness of one's own personality or individuality

Why is self-awareness important?

- Will help you in setting goals for oneself
- Will help you decide the right post-high school education or career
- Will help you in writing college application essays
- Will help you in job or college admission interviews

Self-Awareness Activity

- Cut out words and pictures from magazines that help describe who you are
- Glue cut-outs onto paper and make a collage
- Feel free to use markers to add your own pictures/words

Share About Yourself

- Share your collage with a partner, pretend you are at an interview and your partner is a potential employer, describe why you chose various words/pictures
- After 5 minutes switch, so that each person in the partnership has the opportunity to be the “employer”



Self-Awareness: An awareness of one's own personality or individuality