

Why self awareness is important for students?

→ Students should be able to understand their thoughts, emotions, and values, as well as know how these factors affect their behaviour. This will help them to assess their strengths and weaknesses while maintaining their desire to grow. Maintaining skills like effective communication, critical thinking, knowing how to cope up with stress and their emotions is a vital part of a student's life and thus they need to aware about themselves from a young age.

Learning to be self-aware isn't easy, even for adults as there are many things to look into about oneself.

About emotions, learning the difference b/w frustration and anger can help them greatly to navigate their emotions. Learning to address these feelings and react to them appropriately can help them maintain their self-efficiency in this highly competitive world.

Having a sense of self will teach them to see and acknowledge both the positive and negative things in their nature. They should know how to embrace their strengths, getting a greater confidence boost. Happy people will always have a drive to achieve and thrive. Self-awareness is crucial for success, it provides students insight who they are, and gives them a direction for improvement.



Self awareness simply mean you have a keen understanding of your own personality:

This includes both our positive and negative traits. It creates a chance for us to make necessary changes in our behaviours. It will help us identify our passions and emotions.

Self awareness helps us explore our strengths and cope with our weaknesses.

It also involves knowing what are emotional triggers are and knowing how to interpret them to make the situations more understandable to us.

Essentially, it gives us a psychological boost in which oneself becomes the focus of attention. Being aware of yourself is not a simple single-day process as we have to keep analysing ourselves continuously.