



*SELF-
AWARENESS
VALUES
DEVELOPMENT*



WHAT IS SELF-AWARENESS?

-According to Goleman, perhaps the most important emotional competence is self-awareness – knowing one's internal states, preferences resources and intuitions.



Another psychotherapist puts it as “bringing to the conscious mind our understanding of the compulsion that pushes us around”

Marilyn vos Savant, simply calls it, “the art of waking up”, or realizing what you are really are and why you do the things you do, in the way you do them.



To become self-aware, we should develop an understanding of ourselves in many areas which includes the following:



- *Personality* - An understanding of our personality can help us find situations in which we will thrive/survive, and help us avoid situations in which we will experience too much stress.

- *Values* - Values are qualities that we cherish as reference for our actions and behaviors in particular situations

Habits - These are the behaviors that we repeat routinely and often do automatically.

Needs. (connect Maslow's hierarchy of needs and other psychologists'

psychological needs) Needs cause motivation, and when needs aren't satisfied, they can cause frustration, conflict and stress. One of the advantages of knowing which needs exert the strongest influence in our interpersonal relationship.



Emotions – Understanding our own feelings, what cause them, and how they make an impact on our thoughts and actions are indications of self-awareness.



**HOW DOES SELF-AWARENESS
MAKE AN INDIVIDUAL MORE
EFFECTIVE?**

1. skills development;
2. knowing one's strengths and weaknesses;
3. developing intuitive decision-making skills;
4. stress management-our coping with stress effectively;
- and the
5. self-motivation; and
6. leadership



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We can become more self-aware by using or applying the following means:

- 1. seeking feedback from the people who know us;**
- 2. completing self-assessment surveys like questionnaires; and**
- 3. hiring an expert like professional counselor or executive coach.**



What are Human Values?

Human values give worthiness and respect to life. The five human values are:

- a. Respect**
- b. Peace**
- c. Love**
- d. Truth**
- e. non –violence**

These elevate the individual as well as the society of which one is a part.

Understanding Filipino Values

Horacio de la Costa S. J. (in Bonoan, 1971), a historian, wrote on the principles and values embodied in the Filipino national tradition which were fashioned by Filipinos who viewed the culture and society from within and not from without.

1. *Pagsasarili* or the principle of self-reliance which means to be oneself, to be a person in his own right, to be able to make up his mind, and to do his thing.



Understanding Filipino Values

Pakikisama, or sharing with one's fellow both the burdens as well as the rewards of an activity. Thus, there is the equitable sharing of goods and services among all who help in their production.

Pagkakaisa or national unity. This is brought about through a process of free discussion and the exercise of a certain reasonableness in building an articulate national community.



Understanding Filipino Values

Pagkabayani. The essence is patriotism or the total dedication to the nation and the readiness to put the common good of the nation above the private interest, whether of one's own person, group or class.

Pakikipagkapwa-tao, or human solidarity. This refers to the dedication to one's own nation, so as to enable one to participate on free and equal terms.



Other Intermediate Values Related to Socialization

1. Smooth Interpersonal Relations (SIR). Smooth interpersonal relations or SIR, in short, connotes the facility of getting along with others so as to avoid outward signs of conflicts, even under difficult circumstances (Lynch 1970:10).

a. Pakikisama is the mechanism used to maintain SIR, the use of the go-between, and euphemism. It is the folk concept of good human relations and implies giving in or yielding to the wish of the majority even if it contradicts one's own ideas.



Other Intermediate Values Related to Socialization

b. Reciprocity or utang na loob which is another aspect of SIR is a universal form of behavior. It is a principle where every service received, solicited hospits or not, demands a return, the nature and proportion of the return visitor determined by the relative status of the parties involved and the kind fiestas of exchange at issue (Hollnsteiner, 1970:65).



Other Intermediate Values Related to Socialization

2. *Closeness and Security in the Family* - A much-vaunted trait in the Filipino Patient society is the so-called close family ties or family solidarity.



Other Intermediate Values Related to Socialization

3. *Respect for elders.* A value inculcated early in the socialization process. a Children are taught to kiss the hands of their parents and other kin or fresh made to do what is commonly called “bless”. Children are made to say “po” or “opo” in talking with elders, although this practice is now waning. Title of social respects like “Mang” or “Aling” or “Kuya”, “Manang” or “Ate” abound in the Filipino languages. The essence of respect for elders is obedience.

Other Intermediate Values Related to Socialization

4. *Personalism.* In personalism, major importance is attached to the personal factor, which ensures intimacy, warmth and friendship in getting things done. Kinship and friendship play a crucial role in the reciprocal relationship between interacting parties.



Other Intermediate Values Related to Socialization

5. *Hospitality* - Foreigners who come to our country often remark about Filipino hospitality. This is shown in our generosity and kindness in treating our visitors. In most cases visitors are lavishly entertained in parties and fiestas. We go out of our way to entertain our guests.

6. *Patient Suffering or Pagtitiis*. It is shown in the attitude that certain frustrating forces whether poverty, injustice, sickness, or anything else are too powerful to be overcome.



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Other Intermediate Values Related to Socialization

Panindigan. With the emphasis on Filipino indigeneousness, Enriquez (1977:3) initiated a new way of looking at Filipino values, which truly represent the Filipino culture. Commitment and conviction approximate the value panindigan. Subsumed in panindigan are respect and concern (paggalang at pagmamalasakit), helping in times of crisis or distress, understanding the limitation of others (pagpuno sa kakulangan), sensitivity and regards for others, rapport and acceptance, and human concern (pakikipagkapuwa).



Embracing Volunteerism in the NSTP

Objectives:

1. Up-rise trainees on Volunteerism in the context of RA 9418 and in relation to RA 9163
2. Identify Volunteer actions of the youth for community service
3. Appreciate the value of rendering volunteerism for the community

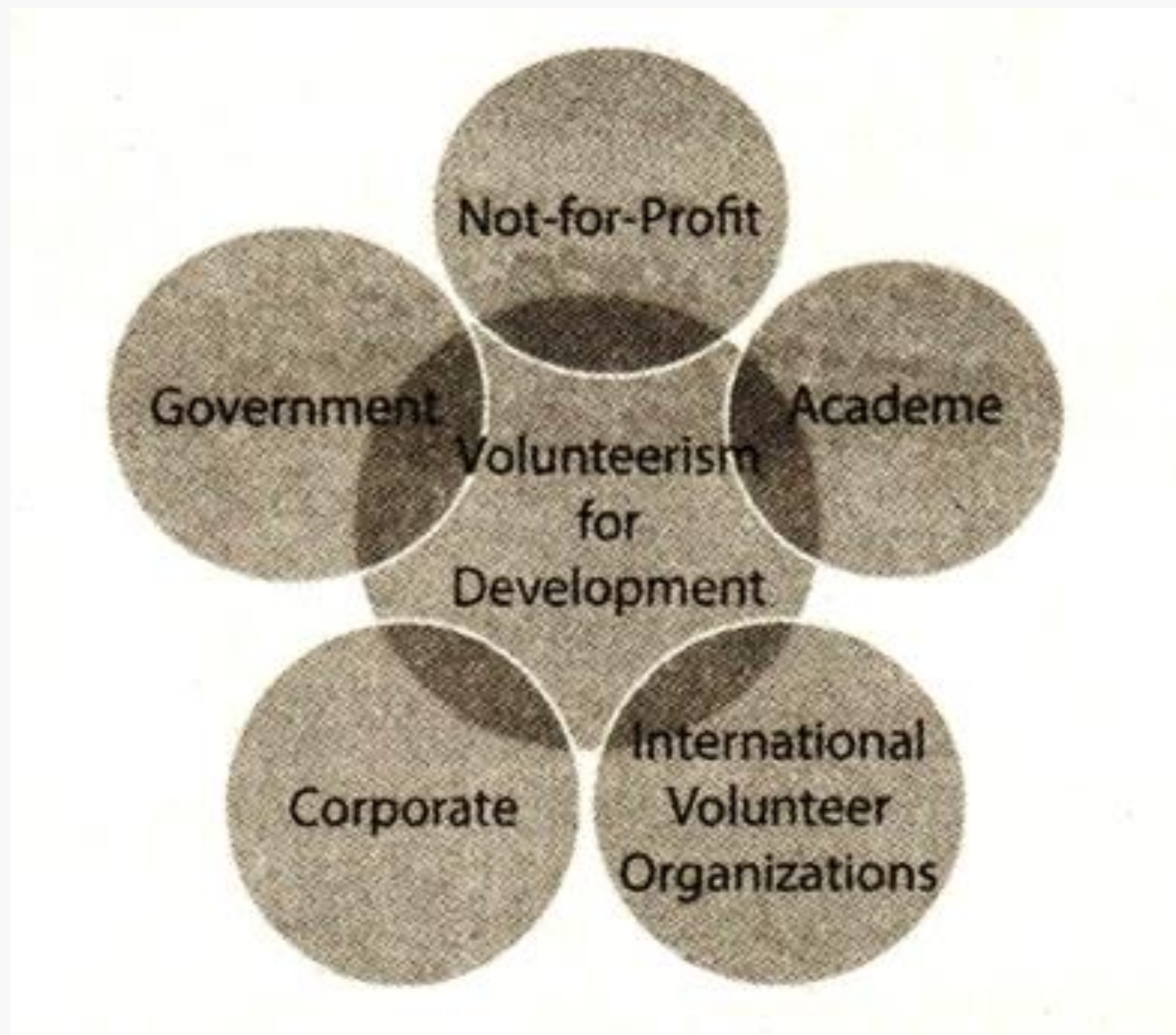


Volunteerism Defined

An act involving a wide range of activities, including traditional forms of mutual aid and developmental interventions that provides an enabling and empowering environment both on the part of the beneficiary receiving, and the volunteer rendering the act, undertaken for reasons arising from socio-developmental, business or corporate orientation, commitment or conviction for the attainment of the public good and where monetary and other incentives or reward are not the primary motivating factors. (From RA 9418 or The Volunteer Act of 2007).

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Harness and harmonize the efforts of the voluntary sector for development. Provide conducive and enabling environment for volunteers and volunteer service organizations.

The objectives of the Volunteer Act are to provide an enabling environment for volunteering and integrate the volunteer undertakings of the different sectors to support development efforts. The law highlights the importance of a multi- or materially sectoral approach to recognize that ;

1. major stakeholders must be involved to promote inclusivity.
2. national and local mechanisms must be coordinated for sharing of resources and information and strengthening each other's capacities, and or material service.
3. partnerships must be sustained to create lasting impact.

What can you offer?

1. **Time** measure the time taken by (a process or activity, or a person doing it).



2. **Talent** measure the time taken by (a process or activity, or a person doing it).



3. **Treasure** transfer of goods between students, in countries where waste-picking is a widespread activity



In volunteering, there is no big or small contribution; every volunteer effort is measured by the goodwill that comes from the heart. Whether it is time, talent or material support, there is always someone who will benefit from a volunteer service.



1. *To share and to help.* Student trainees want to give back to society the learning they gained while others want to make difference and touch other people's lives.



2. *To be part of or to belong to society.* Volunteers want to feel valued and treasure its contributions to the society.



3. *To learn.* Trainees volunteer for them to upgrade competencies (knowledge, skills & attitude) gain new experiences.



What motivates NSTP trainees to volunteer?

1. First of all is because we want to share and help others especially those who are in need. Another is because they want to be part of a group, community or the society. Lastly, volunteering is not a one-way process, as volunteers, they do not only give but they also expect to learn from the interaction in terms of skills, experience or knowledge as well as new friends and partners.



2. NSTP is the training field of the trainees to mold the youth with ethics of service, nationalism and patriotism and at the same time become responsible individuals imbued with good citizenship values.

3. In short, as the trainees help others, they gain experiences, enhance their capacity to serve and train themselves to be good and responsible citizens.

Volunteerism in the NSTP as Part of the Academe

1. Foundation of positive values and good citizenship
2. Windows for promoting volunteerism through community service and related fields
3. Rich volunteer resource composed of faculty, students and communities



Volunteerism and NSTP

- 1. In the program, it focuses on building awareness and appreciation and inculcating the value of volunteerism in personal, community and national development.**
- 2. Preparation for future volunteer engagement in the NSRC and other individual or institutional volunteer programs.**
- 3. Under Volunteer Act No. 9418 of 2007, the graduates of NSTP are expected to serve in case of emergency, calamities and respond to literacy and general welfare service needs of the community.**





NSTP Volunteer Actions

Sharing of time, talent and treasures serves:

1. Assistant trainor during NSTP training.



4. Environmental rescue volunteer



5. Peace and order volunteer



6. Literacy teacher volunteer



7. Volunteers in feeding program, food repackaging and goods distribution



8. Assist front liner



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