

# PSY1010: The Skills in Unit 4

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## WHAT'S COVERED

In this lesson, you will learn how self and social awareness play a role in your own psychology and personal growth.

Specifically, this lesson will cover:

## 1. Skills in the Unit

As you move on with this fourth unit, you will focus on psychology and personal growth. You will explore topics that include memory, creative thinking, mindsets, and judgments. Then you will explore things like motivation and group behavior.

As you delve into these concepts, it will be important to keep the 10 skills in mind. Employers seek individuals who have an understanding of themselves and are eager to grow and learn. When it comes to things like how you learn best or how to avoid conflict at work, you will want to know about yourself so you can take advantage of opportunities and exhibit positive behaviors.

In this lesson, you will also learn more about how your mindset can set you up for success or failure. Do you believe you can learn and grow or do you shy away from tackling something new? Understanding the psychology behind how you think when it comes to growth and learning can help you shift your thinking about what you need to do to make sure you are becoming the best version of yourself.

In particular, we will focus on the following:

### Self and Social Awareness

- Explore how knowing your learning style can help improve your memory
- Consider what motivates you and why
- Learn about being able to recognize cues from others and adapt as needed

Throughout the course, be on the lookout for various call-outs to help you better see the connections between the skills and the course content.



## SUMMARY

In this lesson you learned the importance of the 10 skills in how we learn and make decisions. You recognized that your self and social awareness skill can help you make those decisions thoughtfully and well. As you work through unit 4, keep these skills in mind and consider how you can strengthen them to improve your understanding and application of psychology.

Best of luck in your learning!

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