

# PSY1010: The Skills in Unit 3

by Sophia



## WHAT'S COVERED

In this lesson, you will learn how **self and social awareness** and **problem solving** play a role in the way psychology and development impact our lives.

Specifically, this lesson will cover:

## 1. Skills in the Unit

As you move on with this third unit, you will focus on personality, mental health, and stress. You will explore topics that include personality traits, types, and assessments. Then you will explore psychological disorders related to anxiety and depression. Finally, you will explore how stress impacts health and well-being.

As you delve into these concepts, it will be important to keep the 10 skills in mind. The skills develop over time and continue to grow as we put them into practice. While you may not have control over all things related to personality and mental health, you can actively seek to develop the 10 skills. This is something employers look for--the commitment to personal and professional growth.

You'll learn why honing those 10 skills starts with an understanding of your personality--who you are. By exploring the connection between who you are and how you cope with the world around you, you'll develop your self and social awareness skill and problem solving skill

You'll learn to apply your self and social awareness skills to understanding and overcoming differences in personality. By examining personality, you'll build greater awareness of yourself and others so you can resolve workplace conflicts and more effectively connect with those around you. It's vital information that will help you perform your best no matter what career you pursue.

By knowing the facts about mental health, you can ask informed questions and empathize with those who may be facing a mental health challenge. You'll also gain valuable perspective so that you can connect more skillfully with someone who is dealing with a mental health issue — a big step towards improving your self and social awareness skill.

In particular, we will focus on the following:

### Problem Solving

- Types of personalities that are best at solving problems
- What problem solving looks like as you age and grow

- How perspective impacts finding solutions

### Self and Social Awareness

- Knowing your personality
- Connecting with others
- Using empathy when dealing with mental health issues
- Coping with stress

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 the development of personality and the study of mental health and stress. You recognized that your **self and social awareness** skill can help you cope with everyday stress. You also learned how your **problem solving** skill evolves over time. As you work through unit 3, 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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