

MODULE 1 SELF AWARENESS AND SELF KNOWLEDGE

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What is self-awareness and self-knowledge? Self-awareness is about what we do; self-knowledge is about who we are. Through self-awareness, we understand our own behaviors, emotions, beliefs, and values. We use them to build a self-concept — the story we tell ourselves about who we are.

What is self-awareness the knowledge of _____? Self-awareness is defined as "conscious knowledge of one's own character, feelings, motives, and desires," according to Oxford Language.

How to have self-awareness?

What is self-knowledge in psychology? Self-knowledge is a component of the self or, more accurately, the self-concept. It is the knowledge of oneself and one's properties and the desire to seek such knowledge that guide the development of the self-concept, even if that concept is flawed.

What are the 4 lessons of self-knowledge?

What is an example of self-knowledge? Examples of Self-Knowledge You choose a career in medicine because you know it aligns with your core values. You adopt a dog because you know being a caregiver makes your life feel more meaningful. You decide to end a relationship because you know your needs are not being met.

What is self-awareness and examples? Public self-awareness could look a person realizing how much they swear when out to dinner with others based on the reactions of those around them. In both cases, the self-aware individual understands

their thoughts and actions connect to the world around them, and in turn, help form their identities.

What is the importance of self-knowledge? Self-knowledge is essential for personal growth, decision making, and accurate self-assessment. It is the opposite of ignorance and helps us make sense of our experiences. Importantly, self-knowledge is an essential tool to help in the change process.

What are the three types of self-awareness?

How to gain self-knowledge?

What are the two keys to self-awareness? There are many different ways to think about self-awareness, but four keys that are often mentioned included mindfulness, self-compassion, reflection, and feedback. Mindfulness allows people to become more aware of themselves in the present, while compassion allows them to do so without passing judgment on themselves.

What are the 5 elements of self-awareness?

How do you find self-knowledge? Cultivating Self-Knowledge Developing a mindfulness-based meditation practice can allow you to gain intimate awareness of your thought patterns, emotions, and experiences of stress and happiness. However, mindfulness practices are not limited to the context of meditation.

What are the two kinds of self-knowledge? I claim, on the contrary, that a satisfactory account of self-knowledge must recognize at least two fundamentally different kinds of self-knowledge: an active kind through which we know our own judgments, and a passive kind through which we know our sensations.

What are the three parts of self-knowledge?

What is the main idea of self-knowledge? Self-knowledge refers to knowledge of one's own mental states, processes, and dispositions. Most agree it involves a capacity for understanding the representational properties of mental states and their role in shaping behavior.

What is the difference between self-awareness and self-knowledge? In conclusion, self-awareness focuses attention on the self. This inward focus encourages analytical thinking about people's needs and environments, which contributes to a variety of self-knowledge. Self-knowledge leads to the construction of self-concepts that guide our behaviors and beliefs.

What are the six keys to self-knowledge? Six key elements of self-knowledge are found in the acronym VITALS: Values, Interests, Temperament, Activities, Life Mission, and Strengths. While knowing one's "VITALS" can help a person feel freer and stronger, people constantly change and society often conflicts with one's values.

What is self-knowledge also known as? Definition of self-knowledge. as in self-realization. self-realization. self-discovery. self-actualization.

What is the best definition of self-awareness? Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. If you're highly self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values, and understand correctly how others perceive you.

What are the three sources of self-knowledge? In the first section, you will study various sources of self-knowledge. Here you will see that individuals learn about themselves by consulting the physical world, the social world, and the psychological world of thoughts, feelings and behavior.

What is the difference between knowledge and awareness? The main distinction between awareness and knowledge is that knowledge implies a thorough comprehension and acquaintance with a subject or technique, whereas awareness does not. It appears that awareness and knowledge are inextricably linked. There is some knowledge in both circumstances.

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What does lack of self-awareness look like? More specifically, we've found several consistent behaviors of un-self-aware individuals: They won't listen to, or accept, critical feedback. They cannot empathize with, or take the perspective of, others. They have difficulty “reading a room” and tailoring their message to their audience.

What does having knowledge of self mean? : knowledge or understanding of one's own capabilities, character, feelings, or motivations : self-understanding.

How video games are changing our lives? Video games are more than just a form of entertainment. They're changing the way we learn and interact with the world around us. Games are being used for education, social interaction, problem-solving, and even virtual reality.

Are computer games good or bad for you? Impaired Attention – Excessive gaming, particularly action games, can negatively affect attention spans and the ability to focus on non-gaming tasks. Increased Aggression – Some studies suggest that violent video games may contribute to increased aggressive behavior, though this is still a topic of debate.

What is the impact of computer games? The combination of concentration and neurotransmitter surges when playing games helps to strengthen neural circuits, giving the brain a real workout. Video games can improve mental skills, such as: Problem solving and logic. Hand-eye coordination, spatial skills and fine motor coordination.

Why are computer games important? However, the benefits of videogames include improved powers of concentration, creativity, memory, languages and teamwork. Videogames can make it easier to learn educational contents and develop cognitive skills.

How do video games change your brain? One explanation is that exposure to a video game may at first increase activity in regions associated with gameplay. Then, as a player's performance improves and playing becomes more automatic, less “brain power” is needed, resulting in a decrease in activity of those brain regions [2].

How can video games affect your daily life? Video game addiction has been found to be related to personality traits such as low self-esteem, low self-efficacy, attention problems, impulsivity, aggression, anxiety, and depression.

Are computer games good for your brain? On top of improving your spatial memory, playing video games also helps you visualize space better. Studies show that gamers who play video games with 2D graphics see an improvement in mental rotation, while gamers who play games with 3D graphics see an improvement in spatial visualization.

Does gaming affect your mental health? But sometimes, gaming can become too much. If you're always thinking about gaming and it's stopping you from doing other things, it can become a real problem. This can have a big impact on your school, job, sleep or eating habits, and can make you feel low, angry, isolated or lonely.

How many hours of video games are healthy for adults? How long can you actually play video games every day? There is no set time limit for how long it is safe for adults to engage in video games. But, Jean Twenge, a psychology professor and researcher at San Diego State University, claims that “one to two hours a day is the safe limit for teens.”

What problems are caused by computer games?

How does computer games affect human behavior? Too much video game can lead to poor social skills, time away from family, school work and other hobbies, lower grades, reading less, exercising less, becoming overweight, and having aggressive thoughts and behaviors.

What is the main cause of gaming addiction? So far, researchers think the process of playing and winning video games may trigger a release of dopamine. Dopamine is a brain chemical (neurotransmitter) that plays a key role in several bodily functions, including pleasurable reward and motivation.

Is computer games good or bad? It's true that some studies have shown certain video games can improve hand-eye coordination, problem-solving skills, and the mind's ability to process information. But too much video game playing may cause problems. It's hard to get enough active play and exercise if you're always inside

playing video games.

How much video games is too much? For kids over the age of 6, the American Academy of Pediatrics says no more than 60 minutes on school days and 2 hours on non-school days. Kids under 6 should spend closer to 30 minutes. It's also appropriate for parents to know and approve the games their kids are playing. Avoid any games with graphic violence or sex.

What are the disadvantages of computer games? Health problems: Spending long periods of time sitting in front of a computer screen can lead to health problems such as eye strain, neck and back pain, and obesity. Violence and aggression: Some computer games contain violent content that can desensitize players to violence and aggression.

What happens to your brain when you play video games all day? Excessive video game use can lead to the brain being revved up in a constant state of hyperarousal. Hyperarousal looks different for each person. It can include difficulties with paying attention, managing emotions, controlling impulses, following directions and tolerating frustration.

How do video games affect your IQ? Most off-the-shelf video games do little to improve cognitive abilities. But certain well-designed ones can enhance proficiency at skills such as "task switching," also known as multitasking.

Do video games have positive effects? Benefits of video games for both children and adults include: Healthy brain stimulation. Development of problem-solving skills. Stress relief.

How many hours of gaming is considered an addiction? For video game play to be classified as addictive, one must engage in them for at least 15 to 20 hours each week or more. This amounts to an average of three hours each day. This sort of play can cause lasting damage to the health and well-being of people, including their relationships and productivity.

Is gaming good for mental health? Playing video games works with deeper parts of your brain that improve development and critical thinking skills. Feeling accomplished. In the game, you have goals and objectives to reach. Once you

achieve them, they bring you a lot of satisfaction, which improves your overall well-being.

What are the negative effects of gaming? It's easy to play "just one more game," which results in "just one less hour of sleep." Excessive gaming can lead to poor sleep hygiene and other adverse physical health effects. Sleep deprivation also leads to impaired memory and relationship stress, significantly diminishing your overall quality of life.

How gaming is changing the world? Online multiplayer games have revolutionized social interaction, providing a platform for people from all walks of life to connect and collaborate in virtual worlds. Gaming communities have formed around shared interests, forging friendships and even leading to real-world relationships.

What role does video games play in your life? Past research involving children found that those who played more video games were more likely to have good social skills, perform better academically, and to have built better relationships with other students because of the social and collaborative component to some types of games.

How did video games impact the US? The gaming industry supports a total economic impact including: \$261.4 billion of output (business sales) 1.8 million jobs with \$74.0 billion of labor income (wages, salaries, tips, benefits and other labor income) \$40.8 billion of federal, state and local taxes, including \$10.7 billion of gaming taxes.

Does gaming improve your life? Luckily for gamers like us, there are many benefits to playing video games that will encourage you to keep playing — as if you needed another reason. The positive effects of video games are numerous, from better memory and problem-solving to improved mood and social skills.

How do you perform a risk analysis software?

What is software risk analysis? A software risk analysis looks for code flaws that could jeopardise the code's stability, security, or performance. During testing, software risk is assessed using code analysers to evaluate the code for both risks within the code and hazards between units that must interact within the programme.

What is risk analytics software? Financial risk analytics provides solutions for identifying, measuring, and managing risks that affect an organization's financial stability. Businesses can use analytical tools and techniques such as SWOT analysis to avoid risks regardless of where they come from.

How do you learn risk analysis?

Which tool is best for risk analysis?

What are the five main steps in risk analysis?

What is an example of a risk analysis? Examples of risk analysis A car manufacturing plant performs a risk analysis to examine potential hazards in the manufacturing process. This analysis pinpoints risks such as equipment failure and accidents, as well as evaluates their likelihood and potential consequences.

How do you measure risk in software testing? However, in the real software testing scenario, the risk level is determined by two dimensions: probability and impact. Probability: It measures the likelihood of an event occurring, typically expressed as a percentage or qualitative scale.

How to create a risk matrix?

What is a risk analysis tool? Risk assessment tools are an essential part of performing risk assessments and risk management tasks. Not only do they make risk assessments easier, but they also help put different risks into perspective and help create contingency plans better.

How to make a risk analysis?

Which software model is used for risk management? The spiral model is a systems development lifecycle (SDLC) method used for risk management that combines the iterative development process model with elements of the Waterfall model. The spiral model is used by software engineers and is favored for large, expensive and complicated projects.

Is risk analysis a hard skill? Hard skills in strategy: Data analysis. Data visualization. Data science. Risk analysis.

How do I start a risk analyst?

What is the formula for risk analysis? Risk is the combination of the probability of an event and its consequence. In general, this can be explained as: Risk = Likelihood × Impact. In particular, IT risk is the business risk associated with the use, ownership, operation, involvement, influence and adoption of IT within an enterprise.

Which Six Sigma tool is used for risk analysis? Expert-Verified Answer. The Six Sigma technique/tool recommended for risk analysis is Failure Mode and Effects Analysis (FMEA). FMEA is a systematic approach used to identify and prioritize potential failure modes, their causes, and the effects of those failures on a process or system.

Which model is best for risk analysis? The risk matrix model is a widely used risk assessment tool that involves plotting the likelihood and consequence of identified risks on a matrix. The likelihood and consequence are assigned values and plotted on a matrix to determine the level of risk.

What are the 5 risk assessment tools? The four common risk assessment tools are: risk matrix, decision tree, failure modes and effects analysis (FMEA), and bowtie model. Other risk assessment techniques include the what-if analysis, failure tree analysis, Layer of Protection Analysis (LOPA) and Hazard and Operability (HAZOP) analysis.

What are the 5 T's of risk management? Risk management responses can be a mix of five main actions; transfer, tolerate, treat, terminate or take the opportunity. Transfer; for some risks, the best response may be to transfer them. need to be set and should inform your decisions. Treat; by far the greater number of risks will belong to this category.

What is a risk analysis checklist? The use of a risk checklist is the final step of risk identification to ensure that common project risks are not overlooked. What is it? Risk checklists are a historic list of risks identified or realized on past projects. Risk checklists are meant to be shared between Estimators and discipline groups on all projects.

What is risk analysis example? The owner of a construction company wants to build a new factory. They conduct a risk analysis to assess the risks of the project. The risk analysis includes looking at the project's cost, the potential for delays, and the risk of accidents. The construction company decides to proceed with the project.

What is a risk analysis template? You can use a risk assessment template to help you keep a simple record of: who might be harmed and how. what you're already doing to control the risks. what further action you need to take to control the risks. who needs to carry out the action.

What is risk analysis in software testing? Software risk analysis is the process of analyzing and measuring software risks. During the analysis, it looks for code violations that threaten the stability, security, or performance of the code.

How do you write a good risk analysis? The key requirement for a good risk statement is that it clearly identifies the event or condition, the consequences on program objectives, and cause (if known). Disciplined use of structured formats can help in describing a risk, produce more effective risk statements, and avoid weak statements that lead to confusion.

How do you run a risk analysis?

How do you perform a risk management analysis? You perform a Risk Analysis by identifying threats, and estimating the likelihood of those threats being realized. Once you've worked out the value of the risks you face, you can start looking at ways to manage them effectively.

How does risk management software works? Risk management software continuously tracks and analyzes data to identify potential risks and issues as they occur. This real-time risk monitoring allows for immediate response and mitigation. This means: Instant awareness of potential threats.

What are the 3 steps in performing effective risk analysis?

How to do a risk analysis template?

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What is the basic risk analysis? Risk analysis is the process of identifying and analyzing potential future events that may adversely impact a company. A company performs risk analysis to better understand what may occur, the financial implications of that event occurring, and what steps it can take to mitigate or eliminate that risk.

How do you structure a risk analysis? Step 1: Identify the hazards/risky activities; Step 2: Decide who might be harmed and how; Step 3: Evaluate the risks and decide on precautions; Step 4: Record your findings in a Risk Assessment and management plan, and implement them; Step 5: Review your assessment and update if necessary.

How do you run risk management?

How to do risk management in software testing?

What is the best risk management technique?

What are the 3 P's of risk management? Any complete risk- management system must address two other important factors: prices and preferences. Together with probabilities, these comprise the three P's of Total Risk Management.

What is the difference between risk assessment and risk analysis? Risk assessment is considered the whole process where all types of risks are identified. Risk analysis is a step within the structure mentioned above, where each risk level is defined. Both are components within the larger whole known as risk management or risk evaluation.

How to create a risk assessment?

How do you start oxy acetylene welding?

Is oxy acetylene welding easy? Oxy-acetylene welding is a versatile and accessible technique that offers many advantages to both private and professional users. It is easy to learn and affordable, making it a reliable choice for everything from home repairs to assembling complex industrial parts.

What is the 1/7 rule for acetylene? The 1/7th rule for acetylene is a safety guideline that dictates the maximum safe withdrawal rate of acetylene gas from a cylinder. According to this rule, the withdrawal rate of acetylene should not exceed 1/7th of the cylinder's total capacity per hour.

What is the basic principle of oxy acetylene welding? Oxyacetylene welding, commonly referred to as gas welding, is a process which relies on combustion of oxygen and acetylene. When mixed together in correct proportions within a hand-held torch or blowpipe, a relatively hot flame is produced with a temperature of about 3,200 deg. C.

What pressure to set oxy acetylene for cutting? RULE OF THUMB (MULTI-HOLE CUTTING TIPS, OXY / ACETYLENE) If you have no manufacturer setting-information, and are cutting less than 1 ½" thick steel, set the acetylene regulator for 10 psig, and the oxygen regulator for 40 psig.

Do you shut off oxygen or acetylene first? OXY-ACETYLENE We recommend closing the oxygen valve first whenever turning off an oxy-fuel torch system especially when Acetylene is fuel. This is only part, but a very important part, of the complete safe operating procedure recommended for torches by Harris.

Do you need a welding helmet for oxy acetylene welding? Welding helmets are crucial to welder safety and provide protection during welding and grinding applications.

How thick of steel can you weld with oxy-acetylene? While the cuts may not be as clean, oxy-acetylene will carve through material up to 24 inches thick. That's 1,200% thicker material than plasma cutters can handle.

What is the hardest welding process to learn? Tungsten Inert Gas (TIG) welding is widely considered the most challenging welding process to learn. The sheer complexity of the technique requires more practice and focus to master than other less-technical welding methods. TIG welding also results in some of the strongest and sturdiest welds in the industry.

What psi is a full acetylene tank? Acetylene cylinders are low pressure and have welded seams. 13. A full large size #5 acetylene cylinder holds about 225 cubic ft. of gas at about 250 P.S.I.

Why do they put acetone in acetylene tanks? Acetylene gas is mixed in liquid acetone for safe storage and usage. Acetone in acetylene cylinders helps stabilize the gas making it non-reactive within the cylinder. In this process, acetylene is dissolved in liquid acetone under high pressure. The cylinder is then filled with porous material like firebrick.

What psi for acetylene? Acetylene burns in air or oxygen with an intensely hot, luminous, and smokey flame. Acetylene should not be used at pressures exceeding 15 PSI.

What are the disadvantages of oxy acetylene gas welding? Disadvantages of Gas Welding Oxyacetylene welding is prone to weld defects since it doesn't have weld pool shielding. Gas welding has a slower rate of heating and cooling compared to modern methods. It isn't suitable for welding high-strength steel since it can alter its mechanical properties.

Can you weld aluminum with oxy acetylene? Gas Welding Aluminium Oxy/Acetylene equipment needs to be used (not Oxy/Propane or Propylene). Apart from the use of a flux, Gas Welding Aluminium is much the same in technique terms

as Gas Welding Mild Steel. The only real difference is the margin for error, which is almost non-existent!

How do you set oxy acetylene for welding?

Why does my torch pop and go out? Another problem could be holding the torch too close to a project. If you get too close, you get too much back pressure against the tip, and you'll get a pop. Sometimes it will pop so hard it will blow itself out.

What should torches be set at? CAUTION: Never exceed 15 pounds per square inch (psi) when using Acetylene. NOTE: Most torch mixers use a "positive" design that requires fuel gas pressures set between 5-15 psi for cutting applications.

What color hose is used for oxygen? NOTE: The contrast may be made by different colors or by surface characteristics readily distinguishable by the sense of touch. Use red for fuel gases, green for oxygen, and black for inert gas. (C) Use "Grade T" hose for most fuel gases to include acetylene.

What is the first thing you should do when using oxy acetylene equipment? To start, make sure both torch valves are closed and both regulator adjusting screws are in the out/off position. Then, open the oxygen cylinder valve slowly to allow the regulator to pressurize gradually.

What should you never do while working with oxygen and acetylene? Be extremely careful when removing from cylinders – do not allow to remain on a bench top for any length of time. Never use oil or grease. Do not attempt to interchange oxygen and acetylene regulators. Check adjusting screw before opening cylinder valve.

Which of the following should a welder never do when preparing to weld? Never weld without adequate ventilation. Take proper precautions to prevent fires. Protect your entire body with fire retardant clothing, shoes, and gloves. Wear eye protection at all times.

What shade for oxy cutting?

Do you need eye protection for oxy-acetylene? Electromagnetic energy given off by an arc or flame can injure workers' eyes and is commonly referred to as radiant

energy or light radiation. For protection from radiant energy, workers must use personal protective equipment, such as safety glasses, goggles, welding helmets, or welding face shields.

What equipment is needed to do oxy-acetylene cutting and welding? Oxyfuel welding basic equipment includes the following: Cylinders: Steel pressurized cylinders contain oxygen and fuel gas. Regulators: The flow of gas needs to be controlled. Regulators take high pressure and reduce it to a lower working pressure.

What is the first step in oxyacetylene welding? the first step in oxyacetylene welding is to control the puddle. the creation of a puddle of molten metal with a torch.

Which gas must be opened first when oxygen and acetylene welding? You always turn on acetylene first, light it, and set the flame to a minimum. THEN you turn on the oxygen, and adjust the flame as required to correct it for either welding or cutting. You always turn OFF the Oxygen first, and then the acetylene.

Which valve do you open first on oxygen or acetylene? Acetylene first, ignite it, then open the oxygen valve. Until you get a blue flame. To much and it will pop and you will have to start over.

What gas gets turned on first on oxy acetylene? First, Kevin opens the acetylene valve on the torch handle about 1/8 of a turn. Then he uses a striker to light the acetylene gas coming out of the welding torch tip. Next he open the oxygen, and the flame starts to change. As you open the oxygen, the flame gets larger.

Do you use more oxygen or acetylene when cutting? For maximum flame temperature in oxygen, the ratio volume of oxygen to fuel gas are 1.2 to 1 for acetylene and 4.3 to 1 for propane. So, there is far more oxygen being consumed when using propane than acetylene. Despite propane being less expensive than acetylene, this is counteracted by the higher oxygen consumption.

What is the first thing you should do when using oxy acetylene equipment? To start, make sure both torch valves are closed and both regulator adjusting screws are in the out/off position. Then, open the oxygen cylinder valve slowly to allow the regulator to pressurize gradually.

How thick can you cut with oxy acetylene? While the cuts may not be as clean, oxy-acetylene will carve through material up to 24 inches thick. That's 1,200% thicker material than plasma cutters can handle. Oxy-fuel is also one of the most portable methods of cutting. With just two gas tanks and a torch, you can cut anywhere.

What does a backfire in a torch indicate?

What should you never do while working with oxygen and acetylene? Be extremely careful when removing from cylinders – do not allow to remain on a bench top for any length of time. Never use oil or grease. Do not attempt to interchange oxygen and acetylene regulators. Check adjusting screw before opening cylinder valve.

How to shut off an acetylene torch?

Which valve should be closed first immediately after backfire in acetylene gas welding? If there is a backfire during oxyacetylene welding, the guidance note INDG297 specifically states that the oxygen valve on the blowpipe should be closed first, then the acetylene valve.

What are the 5 rules that must be followed when oxygen is in use? To safely use oxygen, follow these five important rules: ensure proper ventilation, avoid open flames, follow instructions and safety data, dress appropriately, and maintain personal hygiene.

Which is first to be closed when shutting down an oxy-acetylene gas welding?
Step 1: Close the acetylene torch valve first to kill the flame, then the secondary oxygen torch valve. Step 2: Close the acetylene tank valve. Step 3: Crack open the acetylene torch valve, bleed the line, then close the valve. Turn the regulator counterclockwise three times or until it hits the stops.

Why does my torch pop? Torch Flame “Popping” Usually this is either an issue with flow settings or a leak or blockage. Again, make sure your tip is in good working condition. Check the tip size and pressure requirements on the tip chart and ensure the regulators are set properly.

What should be checked before using oxy-acetylene welding equipment? PRE-OPERATIONAL SAFETY CHECKS Keep area clean and free of grease, oil and any flammable materials. Ensure gas hoses are in good condition and do not create a tripping hazard. Before lighting up, check all equipment for damage. Check that the area is well ventilated.

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