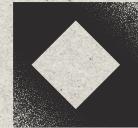


# Reflection

The Johari Window activity was a very fun experience for me. Throughout the four tasks, I was able to explore different aspects of myself, including those that I know well, that others see in me, and what I might be unaware of. The first task, the classic Johari Window, made me think about which of my traits are known to both myself and others, and some that might remain hidden. I had a difficult time reflecting on my blind spot. It's difficult to guess what others think about me that I'm unaware of. It felt a bit uncomfortable, but also necessary. The second task was interesting because we had to identify which window was more dominant depending on the group. This made me think about how I behave differently in different circles. For example, I realized that I'm more open with my family (Open Arena) and a bit more reserved around classmates (Facade).

I was excited but also a bit nervous for the third task because we had to go around and let classmates write descriptions about us. I enjoyed receiving feedback from my classmates and it was nice to see that most comments were positive. I think it might be because no one wanted to be too harsh, which I appreciate. If I did receive negative feedback, I probably would've felt sad, but I also think I would've tried to learn from it. Some of the words my classmates used to describe me were confident, smart, cool, shy type, approachable, magaling mag-code, pog, loud but in a good way, super bait, chill, daddy material, funny, outgoing, and helpful. I know some of those were probably said jokingly, but it still made me feel good knowing people see me positively. What surprised me the most is how people had such different views. Some said I was shy and quiet, while others saw me as outgoing and loud. This made me realize that people will never see you in exactly the same way, and even your own view of yourself might not be the same as how others see you.



# Reflection

The Johari Window taught me that I know myself fairly well, but not perfectly. There are still areas in my life that I keep private, either by choice or without realizing it. It also showed me that I'm capable of opening up, but only up to a certain point, and that's okay. Through this activity, I was able to connect more with my classmates. Sharing and reading those notes gave us a glimpse into how we see each other, and that made the experience more meaningful.

One thing I want to work on is my blind spots. I think the only way to reduce them is by being open to feedback and actively asking people how I can improve. I believe that self-awareness doesn't come from guessing, but through listening. From the links we viewed, I learned that self-reflection is about being curious and open. It taught me to not judging myself when I try to reflect. Instead of always labeling something as "good" or "bad," I'm learning to see myself more clearly. This mindset can help me grow not just emotionally, but socially and academically as well. I believe that the Johari Window is a great tool for developing self-concept, self-awareness, and self-disclosure skills. It's also a practical way to improve relationships because knowing more about how others see me helps me relate to them better. Things like this are important for my college journey. I will work with many different people, and if I can keep learning about myself and building better connections, I'll be more prepared to handle the challenges that come my way.

### OPEN AREAS

#### Academic

- \* I am a PC Computer Game designer
- \* I am a LOT

#### Family Relationship

- \* I belong to a healthy and happy family
- \* I am a

#### Significant Other / Friendship

- \* I am quiet but talkative when comfortable
- \* Reliable when they need help

#### Talents / Skills

- \* Musically inclined
- \* not artistic

### BLINDSPOT

#### Academic

- \* I want to be a school teacher giving guidance

#### Family Relationship

- \* Am I living up to my family's expectations?

#### Friends / SO

- \* Am I being a good boyfriend to my girlfriend?

#### Talents

- \* Can I really sing or are people just being nice to me?

#### Friends / Needs

- \* Do I really need expensive guitars or am I asking for too much?

### Fears

- \* I want to be a professional engineer
- \* I want to go to Japan

#### Significant Other / Friendship

- \* I want to go to Japan
- \* I am a

### FAIRNESS

#### Academic

- \* I was involved in a major cheating incident in school
- \* I usually cheat in other areas

#### Family Relationship

- \* I don't want to be treated like them because they are very strict on me
- \* They are not a bit of fun working out I'm going to reward them

#### Friendship / SO

- \* I feel like they're pushing me away but I'm scared to tell them

### F

### Talent / Skills

- \* I don't want people to know that I know how to eat what I'll always be accused those tapes and it sounds
- \* I can't cook and wash clothes

### Fears

- \* I want to be a famous software engineer but people might see me as cocky
- \* I want to have a racing car but people might call me arrogant and greedy

### UNPREDICTABLE

#### Academic

- \* Will I graduate with 100% marks?
- \* Will my bad study habits ever change?

#### Family

- \* Will my brother and I ever speak up to each other?
- \* Will I be able to show and make my parents feel my love for them?

#### Friendship / Significant Other

- \* Will I be able to marry my GF in the future?
- \* Will I ever get closer to my college friends?

#### Talents / Skills

- \* Will I ever get good at socializing with others?
- \* Will I be able to learn how to play drums?

### GOALS

- \* Can I be a successful software engineer even if I'm not at uni?
- \* Will I be able to give back to my parents after I graduate?

VALENTIN, GABRIEL ISMAEL  
VALENTIN, GABRIEL LIAH S

ACTIVITY 2

OPEN	
ARENA	
♥	

\* FAMILY \*

I am very open to my family and often times I ask them for advice

	FACADE
	O

\* CLASS MATES IN SCHOOL \*

There are lots of things that I still find hard to share to them

BLINDSPOT	
X	

	UNKNOWN

\* MYSELF \*

I believe that there are still many uncertainties in my life and I'm still unsure what the future has for me.

\* MY NEIGHBORHOOD / COMMUNITY \*

I don't talk to them a lot but I'm sure I'm hearing chismis about me in our town

