

Open arena1. Academic

everyone knows that I'm a BSCS student

2. Family relationships

my friends know that I have a complete family - I am family-oriented

3. Friendship / significant other

my friends know that I've never had a significant other

4. Talents / skills

everyone knows that I can sing and dance

5. Goals, dreams, plans, needs

everyone knows I aspire to be a software engineer

Blind spot1. Academics / study habits / school life

Am I really smart or did I get into my degree program by luck?

2. Family / relationships

Will the relationship of my parents ever be fixed?

3. Friendship / significant other

Do I only get respect because of my position?

4. Talents / skills

Am I really good at dancing? or is it only because my parents support me

5. Goals, dreams, plans, needs

Am I really fit to be a software engineer?

Facade1. Academic

I often get boosted by the concept of an academic rival

2. Family relationships

my parents are not "okay" but we try to paint a picture perfect family

3. Friendship / significant other

I've had secret animosity on others / friends in the past

4. Talents / skills

I can copy voices

5. Goals, dreams, plans, needs

I have plans of pursuing medicine it compsci does not go well

Unknown1. Academics / study habits

Will I be able to maintain my grades these upcoming sems?

2. Family relationships

Will me and my siblings maintain our bond as we get older?

3. Friendship / significant other

Will I find "The One" here in UPM?

4. Talents / skills

Will my communication skills still be useful in my future field?

5. Goals, dreams, plans, needs

Will I still choose practicality (compsci) over passion (medicine) in the future?

## task # 2

family

open arena

facade

blind spot

unknown

- I am very open to my family members!

often share every detail about my life.

classmates

open arena

facade

unknown

spot

- I am open to maintain respect from others I must have balance.

my neighborhood

open facade

blind spot  
unknown

- I'm "not really close to my neighbors because we're in a harsh neighborhood

- I am open to self-reflection & criticism.

"yourself"

open arena

facade

blind spot  
unknown

- as an extrovert and open - person, I am someone that socializes a lot - hence I'm on open back to "trusted people". This is why open dominates

Aua, Kurt Benedict Wilbur B.

SAS 1 C

MAN OF GOD

Sipain moako

(fun friend)

Good @ Ball

Dependable

Sharing friend

Power

sayaw pa

walang

# KURT

C. N. K.  
ni Albert

nature

Makati

cool

religious

pure notebook

makati

# *Reflection Paper*

The task that we had for today was one of my favourites out of all the activities that we've had so far. I think it helped us exercise our ability to socialize with our classmates, and there were certainly a lot of enjoyable moments. If I were asked, out of the four tasks, I struggled most with the first one. I think I struggled because you try to confront yourself while looking at future unpredictable events. You also discuss and open up some things about yourself that you rarely want to talk about.

My favourite task by far was the third one, where I approached my classmates to ask them about myself. I was very happy with the choice of words that my classmates used to describe me. Most of them were very flattering, and it boosted my self-esteem. This is in line with exactly what the video "The Johari Window Model" was discussing; it states that we determine things about ourselves that we don't even know about. In my opinion, a Johari Window is really helpful when you want to go through deep self-reflection. It is helpful for me when you want to gain some insight about ourselves. We discover our strengths and blind spots through people whom we trust. It made me happy that I am viewed as someone who has the qualities of a good leader, someone who is outgoing and dependable. Ever since I've aspired to have these qualities, I am proud that the process is finally bearing fruit. This makes me realize that I should be kinder to myself. When people have so many good things to say about me, I should appreciate the things that I do. I should remove the negative connotations that I often associate myself with. This is in line with the video "Removing Negative Self Talk | Abria Joseph | TEDxYouth@NIST." I am my biggest ally, and I should always remember that. Not all progress and forward movement occurs due to self-criticism. A person should also appreciate all the efforts and provide themselves with enough support to gain even more momentum towards actualization. Additionally, from the video as well, we should use the power of our minds as an instrument. We should tune it away from being negative to having positive sounds. This way, we won't hinder ourselves from achieving what we want to achieve. We shouldn't pull ourselves back; instead, we should use our self-talk as a catapult towards self-improvement. Going back to module two, I can relate the different components to the Johari Window.

My self-concept, or the deeper interpretation of myself (Cherry, 2024), has a little difference. Due to the Johari Window activity, I got to discuss some things about myself that are buried in the depths. Through the activity, I viewed myself through a smaller hole, which made me look at myself in a different light. It exposed some positives and many negatives that I've had in the past. It also made me more self-aware of some improvements that I should focus on in the future. My self-awareness per se was at an all-time high during the activity. I tapped into topics that I usually don't want to talk about. As a result, I was able to be more aware of some aspects of myself that may be hindering me from actually forming bonds with some people. Noticing these negative aspects may be a blessing in disguise because, given my position as the block representative, I should make sure that I have a good relationship with most people. Through this activity, I can gauge if I am good enough or fit to be in this position as class president. And finally, as for my self-disclosure, even though I'm an open book already, I believe there is still room for improvement when it comes to this. There are still some negative aspects of me that my close friends are unaware of. To have a better understanding of one another and to have deeper connections and conversations, openness should be the utmost priority. The Johari Window activity not just helps me in my relations but also to be a better human being overall. I think it will help me throughout my college life by being more "aware" and, from time to time, assess if I am still going through the right track. This not only helps me at the collegiate level, but also towards my life goals. With this activity, I now have a proper blueprint of the path I want to take in order to reach my goals.

In summary, the activity was not just fun, but it was also very much enlightening when it comes to oneself. I've learned a lot of things about myself, not just through my view but through other people's perspectives. I got a boost when it comes to self-esteem through the positive feedback from my peers. It made me happy that finally my efforts are bearing fruit when it comes to my leadership skills that I've been constantly trying to hone for a while now. The Johari Window is a good activity for the self to learn more about oneself. Through it, I now have a recap of what things I want to accomplish, and some other things I need to take into consideration. I hope that as time goes on, there will be more improvements when it comes to the skills that I am honing. So that I can get to my goals, reach my dream, and make my parents proud.