

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

GRADES
9-12

What is self-awareness and self-management?

Self-awareness and self-management means to understand and govern our thoughts, actions and impact on others.

As your child gets older, he or she will continue to develop self-awareness and self-management skills by recognizing how one's thoughts and ideas influence choices and impact others.

In grades nine through twelve, children begin:

- ✓ Implementing strategies and monitoring progress in achieving personal goals.
- ✓ Demonstrating behavior that respects the needs of others.
- ✓ Creating a plan to attain a personal goal that addresses strengths, needs and risks.

Below are ways you can help your child learn, practice and demonstrate self-awareness and self-management skills:

DISCUSS AN EXAMPLE

Discuss a time when you disagreed with someone and how you adjusted your behavior to understand the other person's point of view. For example, when you had a disagreement with a friend or coworker and he or she was not able to see your perspective. How did you approach the situation?

WORK TO DEVELOP GOALS

Work with your child to develop short and long-term personal goals. The goals should be measurable and achievable. Later, have them reflect on the process, his or her progress and how self-awareness and self-management helped them reach these goals.

BY GAINING SELF-AWARENESS AND LEARNING SELF-MANAGEMENT, YOUR CHILD WILL TAKE AN ACTIVE ROLE IN MONITORING AND ADAPTING HIS OR HER BEHAVIOR.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Formulating an effective long-term plan to achieve a personal or future professional goal.



Evaluating strategies that assist with managing challenges or setbacks.



DINNER TABLE CONVERSATION STARTER

Discuss the importance of self-awareness and self-management in pursuing academic and employment goals after high school. How do these skills impact future opportunities?