

Encouraging Self-Awareness

Key to nurturing independent learners is helping our learners be more self-aware. Self-awareness, knowing themselves and how others see them, can make it easier for learners to build on their strengths, work well with others, and overcome areas of challenge.

Encouraging self-awareness is as simple as setting aside time for a quick 5-10 min. chat. With a spirit of curiosity, optimism, and positivity ask your learner these questions. And have them ask you. Try to create a regular rhythm for reflection (weekly or bi-monthly). Also encourage your learner to consider these questions independently.

What is working (in and outside of school)?

What is not working (in and outside of school)?

What are you thinking might be 2-3 next steps?

How and with whom are you going to share your next steps?

Name _____

Date _____

Self-Awareness Snapshot

I am: *(Describe/draw aspects of yourself as broadly and creatively as you'd like. Highlight the aspects that you think others most see/experience.)*

I am strong in these areas:

I struggle when it comes to:

What are some things I want to accomplish? What are some things I'm proud I've accomplished?

People's whose insights I value and seek out to help me grow: