

# 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?