

Self-Awareness Summary

A child's realistic understanding of their strengths and limitations and consistent desire for self-improvement.

How the DESSA Measures Self-Awareness

DESSA K-8	DESSA-HSE
41. make accurate statements about events in her/his life?	24. make accurate statements about himself/herself?
49. teach another person to do something?	29. teach someone how to do something?
57. ask questions to clarify what he/she did not understand?	34. ask questions when he/she did not understand something?
58. show an awareness of her/his personal strengths?	36. ask somebody for feedback?
59. ask somebody for feedback?	42. show an awareness of her/his personal strengths?
62. describe how he/she was feeling?	
63. give an opinion when asked?	

Aspects of Self-Awareness	<ul style="list-style-type: none"> <i>Realistic understanding of strengths and limitations</i> DESSA K-8 Items: 41, 49, 58, 62, 63 DESSA-HSE Items: 24, 29, 42 <i>Consistent desire for self-improvement</i> DESSA K-8 Items: 57, 59 DESSA-HSE Items: 34, 36
Developing Self-Awareness	<ul style="list-style-type: none"> Self-Awareness begins to develop in young children as they first gain awareness of their physical self and later begin to understand the causes behind their feelings. Discussing emotions, particularly in the moment, helps children better understand their feelings. Adults can support the development of Self-Awareness by explicitly naming their own emotions and describing the causes of them. Providing a warm and supportive environment is key to helping children feel comfortable expressing their own emotions.

	<ul style="list-style-type: none"> • Adults can help children develop an understanding of their strengths and limitations by providing feedback and opportunities for reflection.
<p>Benefits of Self-Awareness</p>	<p>Self-Awareness skills at home can...</p> <ul style="list-style-type: none"> • Contribute to a cooperative and peaceful home environment. • Lead children to better moderate their behavior, such as how much time they need to study for an upcoming test. <p>Self-Awareness skills at school or out-of-school time programs can...</p> <ul style="list-style-type: none"> • Create a classroom or group environment that is more engaged and self-directed. • Lead to better friendships among children. • Increase learning and academic success. <p>Self-Awareness skills can lead to a future of...</p> <ul style="list-style-type: none"> • Better workplace performance. • Improved relationships. • Adults who are better able to manage their emotions and cope with stress. • Improved health, due to engaging in safe (rather than risky) behaviors.

For more detailed information about Self-Awareness, please see the full competency guide found in the DESSA Comprehensive SEL System.