

Student Learning Plan

Unit 3: Foundations for Success

Self Awareness [U3C1L1]



Why this is important:

You may notice that some people behave or conduct themselves like you and others behave quite differently. For example, one person may be very quiet and thoughtful while another may be the life of the party. In this learning plan you will identify your own behavior preferences and consider the preferences of others. This knowledge can help you to understand situations as they unfold, improve your communication with others, and influence people and situations to get the results you desire.



What you will learn to do:

(Competency)

Determine your behavioral preferences

Linked Core Abilities

- A. Build your capacity for life-long learning
- E. Treat self and others with respect



How you will know when you are succeeding:

You will demonstrate your competence:

- by completing a Self-Awareness Matrix using the Winning Colors® behavior model

Your performance will be successful when:

- you apply your Winning Colors® to a variety of situations
- you rank the behaviors that you are most likely to exhibit in each situation from 1 (most likely) to 4 (least likely)
- you provide specific examples of how you would demonstrate each color in each situation
- you select one situation and summarize how your preferred behaviors help or hinder that situation
- you identify strategies for dealing with a situation more effectively by applying your knowledge of Winning Colors®



Knowledge and skills you will learn along the way:

(Learning Objectives)

- a. Explain the four clusters of behavior in the Winning Colors® framework
- b. Illustrate your behavioral preferences using the four Winning Colors®
- c. Identify strengths for each behavior cluster
- d. Express appreciation for your own uniqueness
- e. Define key words: assessment, cluster, differentiate, and introspection



Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

- ____ 1. THINK ABOUT the following questions: How do you interact with others socially to enjoy yourself? How do you complete individual tasks or assignments? How do you deal with other people in a team or committee that has a job requiring teamwork? POST an example for each question in the Tree Map. [Work with a small group of your peers]
- ____ 2. [SELF-PACED OPTION] WRITE out three or four examples in a Tree Map to answer each question.
- ____ 3. LISTEN TO and OBSERVE a briefing about the Winning Colors® behavioral clusters. LEARN MORE OR REVIEW by reading Section 1: Self-Awareness in Chapter 1 of your text. ANSWER the review questions at the end of the section.
- ____ 4. PARTICIPATE in a Think-Share-Pair activity where you review the information on two of the four Winning Colors cards and share what you have learned with a peer. [Work with a peer]
- ____ 5. VIEW the Winning Colors video. SORT the Winning Colors® cards to determine your dominant colors. COMPLETE Exercise 1: Discover your Communication Power to get a numerical value for the strength of each behavior.
- ____ 6. [SELF-PACED OPTION] READ Section 1: Self-Awareness in Chapter 1 of your text. ANSWER the review questions at the end of the section. Complete Exercise 1: Discover your Communication Power and record your results.
- ____ 7. PARTICIPATE IN or OBSERVE a role-play activity. CREATE a Tree Map to show how each participant in the role-play displays the colors. [Work with a small group of your peers] REFLECT on the results of the role-play activity. Did you see people get in a behavior preference and stay there, or move between several? What do you think you would have done for the carnival committee? What does that say about your behavior preferences? ENTER your ideas in your Cadet Notebook.
- ____ 8. [SELF-PACED OPTION] IDENTIFY someone famous (dead or alive) who is a planner, adventurer, builder, or relater. WRITE a notebook entry to suggest why that person exhibits the behavior cluster identified.
- ____ 9. THINK ABOUT a situation in your life that involves a new relationship, working with others toward a common goal, or resolving conflict. How would you respond to this situation applying what you have learned about Winning Colors? Share your ideas with a peer or record them in your Cadet Notebook.
- ____ 10. [SELF-PACED OPTION] Same as above.



Assessment Activities:

These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.

- ____ 1. COMPLETE the Self-Awareness Matrix Assessment Task. SELF-ASSESS your work using the Self-Awareness Matrix Scoring Guide. SUBMIT your Self Awareness Matrix to your instructor for feedback and a grade. PLACE your completed Self Awareness Matrix in your Cadet Portfolio.
- ____ 2. [SELF-PACED OPTION] Same as above.