



Self-awareness

KNOWING HOW YOU LEARN AND WHAT YOU VALUE

CHAPTER 2



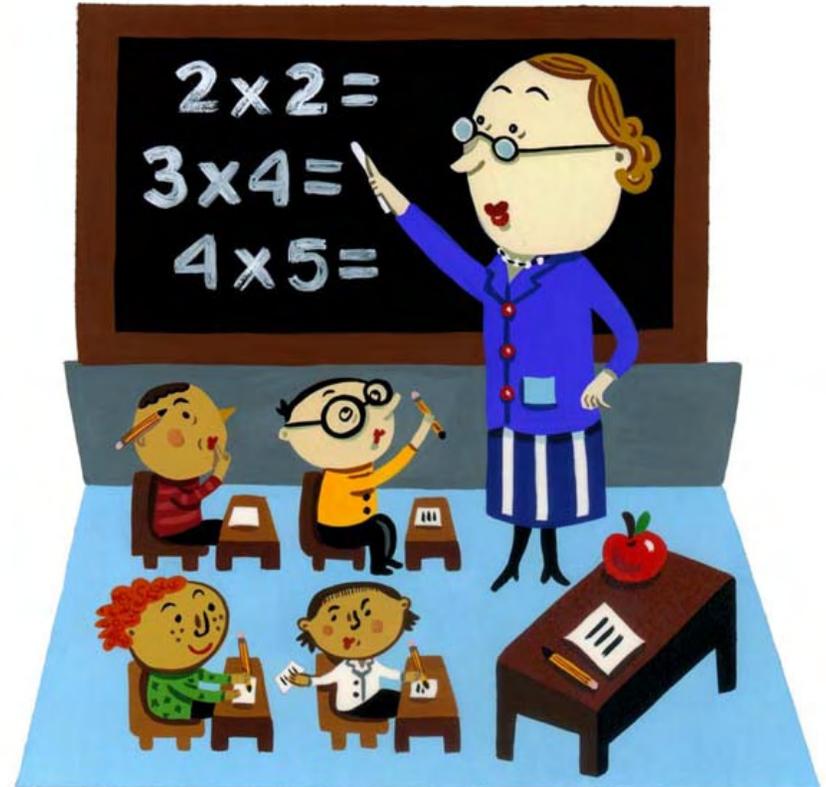
Facilitator: Ms. Vu Viet Hang (M.Ed)



What is a learning style?

- ***Learning style:***

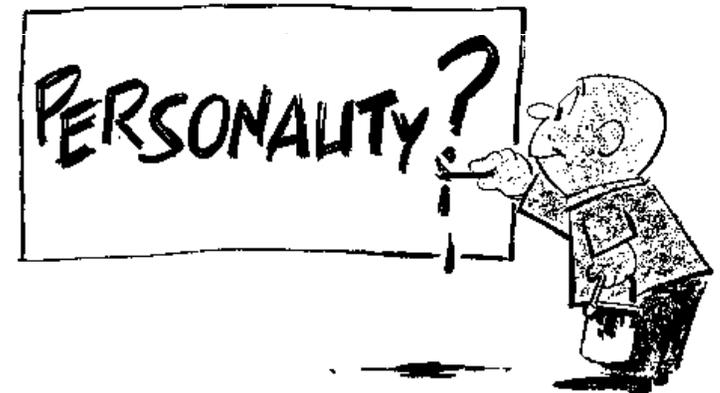
A particular way in which the mind receives and processes information



What is a learning style?

○ *The two aspects of learning style*

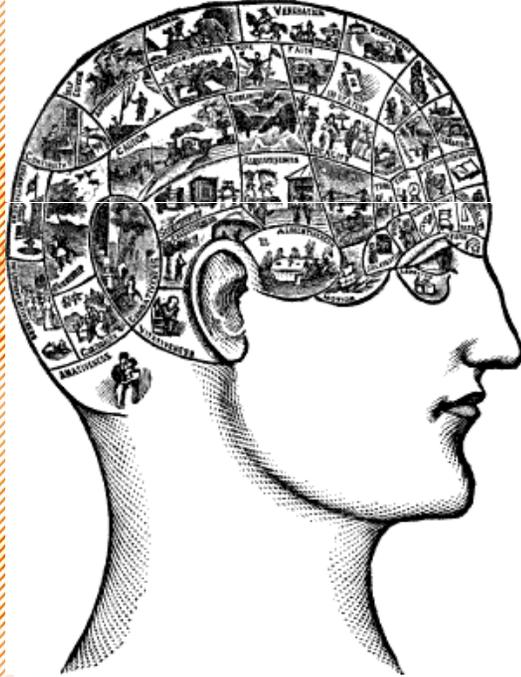
- × Learning preferences
- × Personality traits



What is a learning style?

○ *Getting perspective on learning style*

- ✘ Use assessments for reference
- ✘ Use assessments for understanding
- ✘ Face challenges realistically

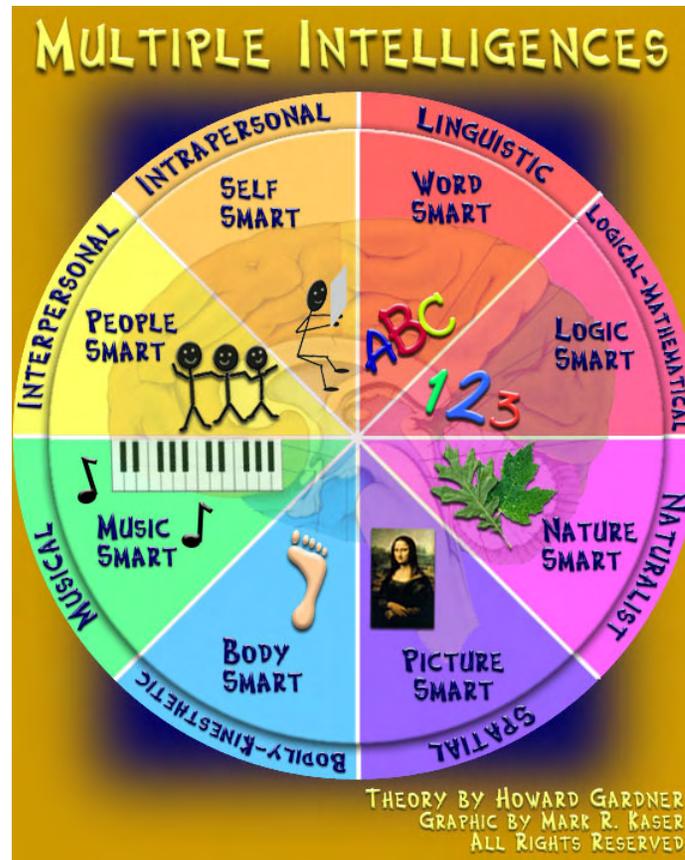


Intelligence

- The ability to solve problems fashion products that are useful in a particular cultural setting or community (Gardner)
- The way one learns is unique blend of intelligences, resulting from distinctive abilities, challenges, experiences, and training



Multiple Intelligences



Verbal-Linguistic Intelligence

- Ability to communicate through language
- Ex: listening, reading, writing, speaking...



Logical-Mathematical Intelligence

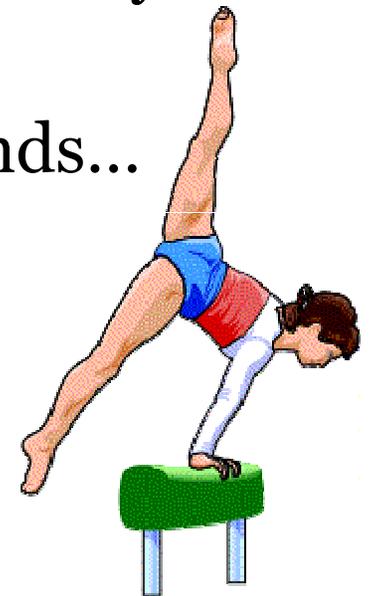
- Ability to understand logical reasoning and problem-solving
- Ex: math, science, patterns, sequences...





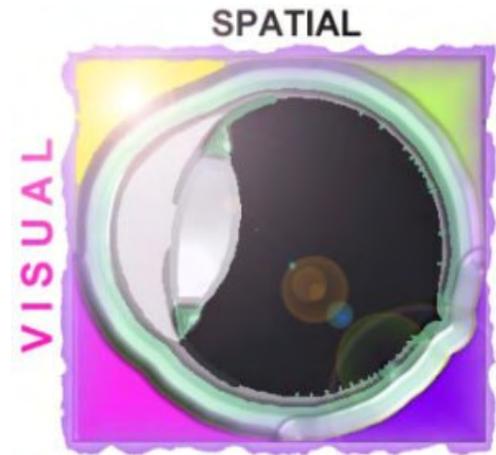
Bodily-Kinesthetic Intelligence

- Capacity to use the physical body skillfully and to take in knowledge through bodily sensations
- Ex: coordination, working with hands...



Visual-Spatial Intelligence

- Ability to understand spatial relationships and to perceive and create images
- Ex: visual arts, graphic design, charts, and maps



Interpersonal Intelligence

- Ability to relate to others, noticing their moods, motivations, and feelings
- Ex: social activity, cooperative learning, teamwork...

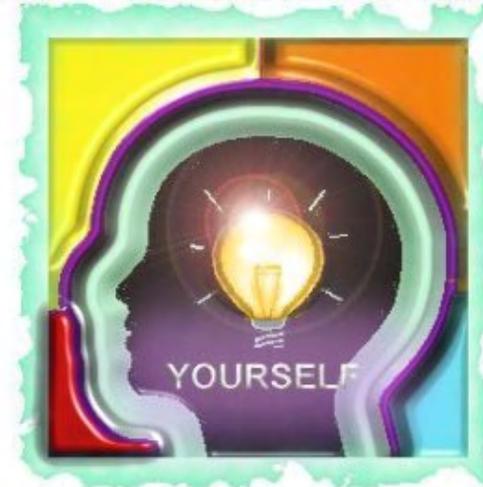


Intrapersonal Intelligence

- Ability to understand one's own behavior and feelings
- Ex: self awareness, independence, time spent alone...

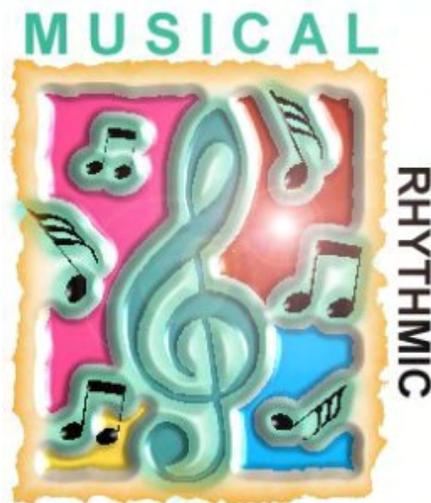


INTRAPERSONAL



Musical Intelligence

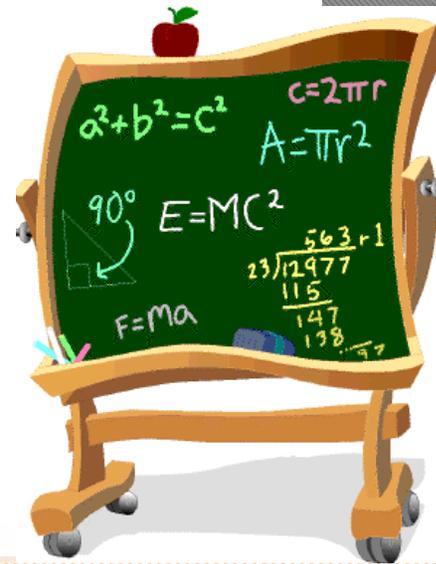
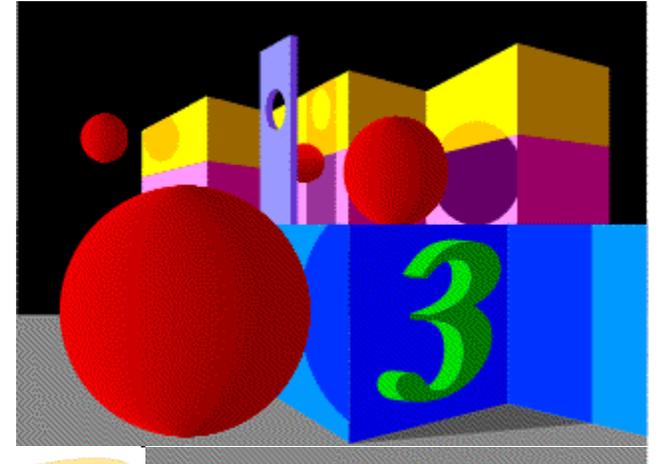
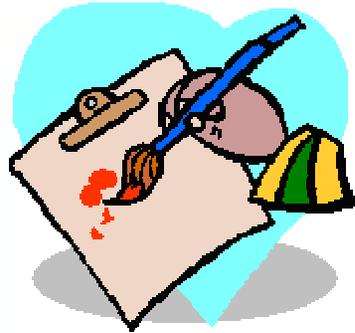
- Capacity to comprehend and create meaningful sounds and recognize patterns
- Ex: music, sensitivity to sound and pattern...



Naturalistic Intelligence

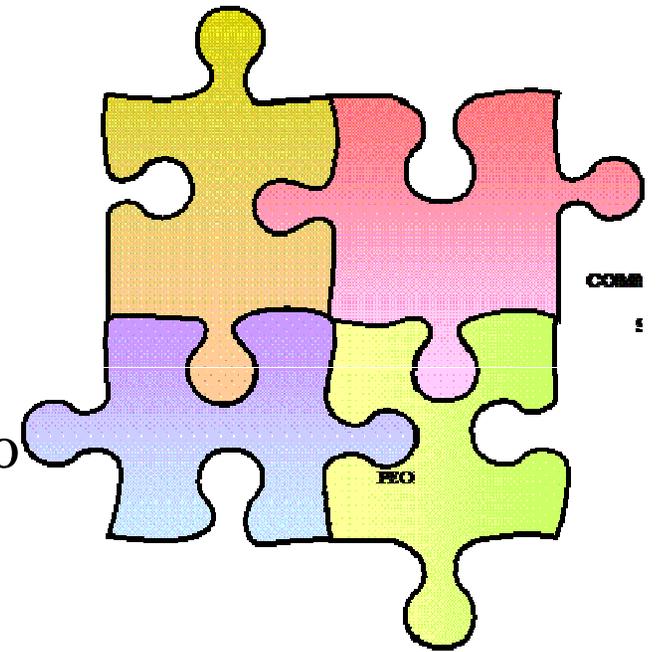


- Ability to understand features of the environment.
- Ex: interest in nature, environmental balance, ecosystem, stress relief brought about by natural environments



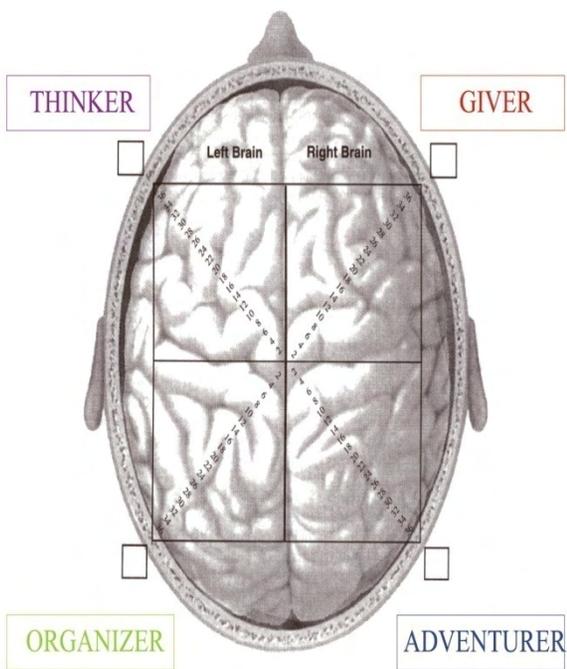
Personality traits

- Personality spectrum (developed by Dr. Joyce Bishop)
- It gives you a personality perspective on how can maximize your functioning
- It indicates how you respond to both internal and external situations (how you react to information, thoughts, and feelings, as well as to people and events)



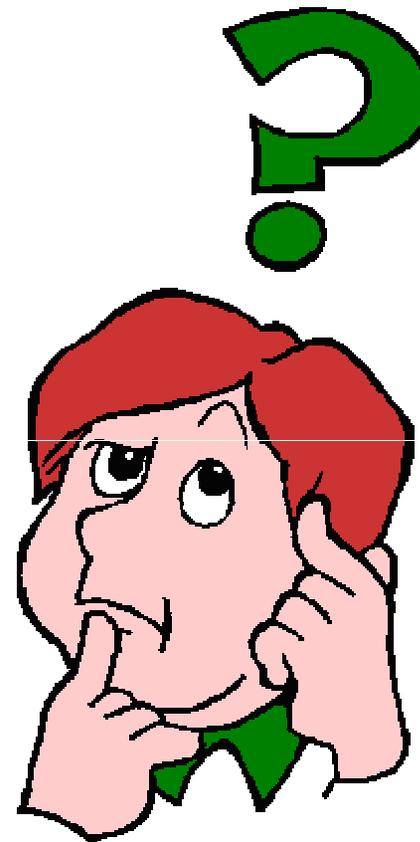


Directions: Place a dot on the appropriate number line for each of your four scores, connect the dots, and color each polygon. Write your scores in the four boxes.



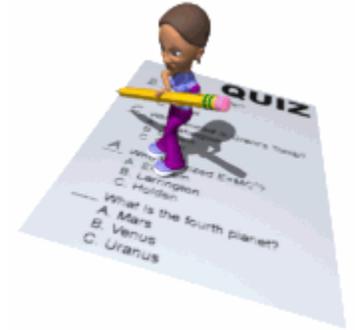
Thinker

- Technical
- Scientific
- Mathematical
- Rational
- Analytical
- Logical
- Realistic
- Precise



Thinker

- Solving problems
- Developing models and systems
- Analytical and abstract thinking
- Exploring ideas and potentials
- Ingenuity
- Going beyond established boundaries
- Global thinking – seeking universal truth



Organizer

- **Tactical**
- **Planning**
- **Systematic**
- **Organized**
- **Practical**
- **Conservative**
- **Disciplined**



Organizer

- **Responsibility, reliability**
- **Operating successfully within social structures**
- **Sense of history, culture, and dignity**
- **Neatness and organization**
- **Loyalty**
- **Orientation to detail**
- **Comprehensive follow-through on task**
- **Efficiency**



Giver

- Interpersonal
- Emotional
- Caring
- Sociable
- Adaptable
- Idealistic
- Talkative
- Honest



Giver

- **Successful, close relationship**
- **Making a difference in the world**
- **Cultivating your own potential and that of others**
- **Negotiation; promoting peace**
- **Communicating with others**
- **Helping others**



Adventurer

- **Active**
- **Risky**
- **Skillful**
- **Impulsive**
- **Experimental**
- **Competitive**
- **Adventuresome**



Adventurer

- **High ability in a variety of fields**
- **Approaching problem-solving in a hands-on fashion**
- **Living in the present**
- **Nontraditional style**



Why is it important to know how you learn?

○ Study benefits

- ✗ The ability to maximize what you do best
- ✗ The ability to tackle strategically situations and topics that you don't take to as readily



Why is it important to know how you learn?

○ Classroom benefits

- ✗ Bring extra focus to your weaker areas
- ✗ Ask your instructor for additional help
- ✗ “Convert” class material during study time



Why is it important to know how you learn? (cont)

- Career benefits
 - × Better performance
 - × Better teamwork
 - × Better self-awareness

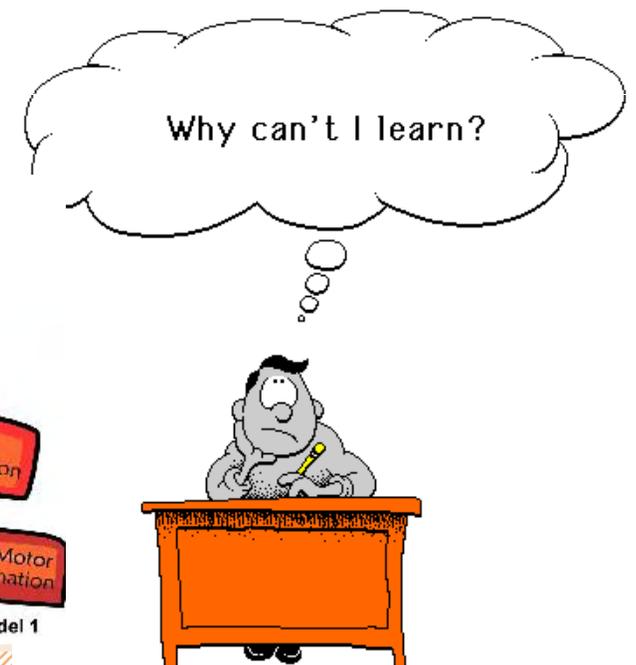


Self-awareness
and self-esteem



Learning disabilities

- Learning disability: a neurological disorder that interferes with one's ability to store, process, and produce information



Learning disabilities

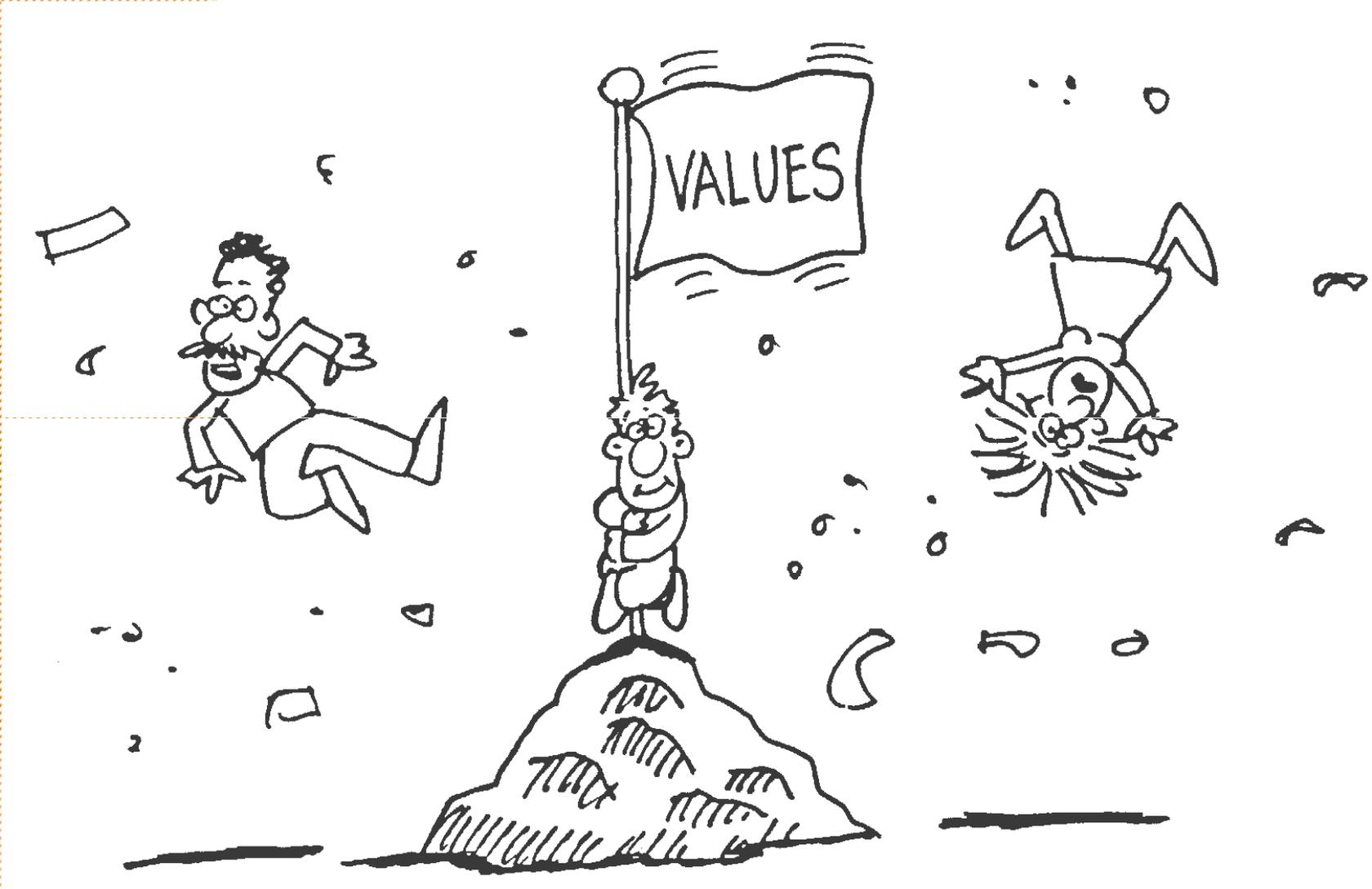
- They do not include mental retardation, autism, or behavioral disorders
- They do not include impaired vision, hearing loss, or other physical disabilities
- They are life-long
- They are hereditary
- They must be diagnosed by professionals



Learning disabilities

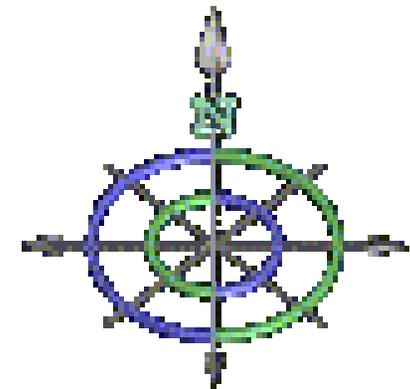
- Dysgraphia
- Dyscalculia
- Dyslexia and related reading disorders
- Speech and language disorders
- ADD (Attention Deficit Disorder)/ADHD (Attention Hyperactivity Deficit Disorder)/
- LD-related organizational issues





What defines your values?

- Values are principles or qualities that one considers important, beliefs that guide your choices and form the basis for your action.



What defines your values? (cont)

- Examining values is a first step in goal-setting
- Sources of values
 - × Family, relatives, friends, peers
 - × Instructors, supervisors, mentors, authority figures...
 - × Education, workplace, religious beliefs
 - × The media



Identifying and evaluating values



- Examine potential values through the following questions
 - ✗ Did I choose this value freely?
 - ✗ Did I have multiple options for the choice?
 - ✗ Did I consider my options carefully?
 - ✗ Have I made a public commitment to this choice?
 - ✗ Do I carry out this value on a regular basis?



Identifying and evaluating values

- Choosing and evaluating values
 - ✘ Look closely at how values affect your life
 - ✘ Evaluate your values carefully to determine if they are right for you
 - ✘ Reevaluate your values periodically as you experience change