



Syllabus

SPD-110 Self-Awareness

Course Overview

Dates/Time:

June 28 – July 1, 2026
6:30- 9:00 PM

Place:

Via Zoom - Juanita Johnson will send link

Course Facilitator:

Juanita Johnson, LUT

Sponsored by:

Unity of Gaithersburg
111 Central Ave,
Gaithersburg, MD

Course Description

Self-awareness is necessary for optimal balance and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are more than physical body; they also have spiritual and soul (psyche) dimensions which are equal if not more important than the body. Students will explore the dimensions of self by studying various systems and techniques for self-awareness. They will become more conscious of their attitudes, beliefs, and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being.

Facilitator

Juanita Johnson is a Licensed Unity Teacher (LUT) based in Washington, DC. Juanita has been a LUT since 2022, and a member of Unity of Washington, D.C. (UWDC), since 1999, where she is currently serving as an adult education facilitator, meditation facilitator, and communications and operations specialist. In addition, Juanita has more than 40 years' business expertise in finance, policy, project management, and workshop facilitation for national and international financial organizations and the federal government. Through her company, Johnson Scott, LLC, she provides universal strategic planning services to strengthen an organization's core business practices, and holistic Health & Wholeness Coaching for individuals. Juanita is a Certified Meditation Instructor, and a practitioner of various meditation practices including Transcendental Meditation®, Mindfulness Meditation, Yoga, Tai Chi, and Qi.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Identify and articulate current belief systems regarding key areas of life such as but not limited to health, finances, and relationships.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy
- Increase effective communication skills to enhance relationships.
- Evaluate and personal stressors and formulate mediation strategies.
- Recognize obstacles to self-esteem and self-love and develop strategies for increasing consciousness in these areas.
- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Required Text/Readings

- Butterworth, Eric. 1982. *In the Flow of Life*. Unity Village Publisher, Unity Books.
- Hendricks, Gay. 2000. *Conscious Living: Finding Joy in the Real World*. San Francisco: Harper San Francisco.

Recommended Text/Readings

- Hay, Louise 1984. *You Can Heal Your Life*. Santa Monica: Hay House.

Course Requirements and Assignments

Students will be expected to:

- Participate actively in each class activities.
- Complete reading assignments.
- Participate in breakout room discussions
- Submit a paper after the completion of the course [800-1,000 words] – This is a reflection paper, which means self-reflection. Reflect on your feelings about the content of the class or any new awareness you have. You are invited to weave the following ideas into your paper:
 - A personal definition of self-awareness
 - Some of your unique spiritual gifts
 - Areas of appreciation for yourself, **and** embracing your worthiness and wholeness in life
 - Your beliefs about specific areas of your life, including aging
 - Factors that lead to conscious living
 - Releasing shame and guilt
 - Identifying where you place your attention and your choices to live in the present moment
 - Recognizing we get what we are committed to and identify what we want in our lives.
 - Discover how the body produces stress **and** engaging in practices that reduce stress.

The Final Paper due date will be determined in class. Send paper via email to johnsonscottllc@comcast.net

Academic Performance: Progress Evaluation

- **S: Satisfactory** = 75 - 100%
- **NC: No Credit** = 0 - 74%

Other possibilities:

- **AU: Audit** – student is not seeking credentialing (no assignments required).
- **I: Incomplete** – waiting for completion of one or more assignments. Given by approval of the Instructor due to urgent and unusual circumstance in the life of the participant

Graded Assignments

It is important to complete your assignments on or before the due dates.

NOTE: If you experience an emergency and are unable to complete your assignments on time, Contact your instructor.

Assignments:	Possible Points
Collaborate Sessions (4 @ 15 pts)	60
Final Assignment	40
Total Points	100

Instructor's Commitment

As your class facilitator I will be prepared to share with you my own experiences about self-awareness and my own experiences about my personal journey. I will strive for a safe space allowing dialogue with an openness and respect for ideas and equal participation for all.

Course Schedule and Assignments

The course is divided into eight modules and will be covered in four (4) two and a half-hour (2 1/2) sessions. All session are via Zoom, from 6:30 – 9:00 PM

- June 28, 2026 - Session I, Module 1: "Setting the Context" and Module 2: "Self-Discovery"
- June 29, 2026 – Session II, Module 3: "Embracing Our Truth?" and Module 4: "Lighting Our Path from Within"
- June 30, 2026- Session III, Module 5: "Oneness in Divine Love" and Module 6: "Giving & Receiving"
- July 1, 2026 – Session IV, Module 7: "Living Love" and Module 8: "Thriving in Life"