

Course Description

Self-awareness is necessary for optimal thriving and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are physical bodies with spiritual, mental and emotional dimensions - all of which are equally important. 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.

Course Learning Objectives

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

- Identify and articulate current belief systems regarding key areas of life.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy.
- Increase effective communication skills to enhance relationships.
- Evaluate any personal stressors and formulate mediation strategies.
- Recognize obstacles, and develop strategies for expanding consciousness in these areas.
- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Text/Readings

- Articles and videos provided in class
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Academic Performance: Progress Evaluation

S: Satisfactory = 75 - 100%

NC: No Credit = 0 - 74%

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.

Module 1: “Let Your Life Speak”

Module Learning Objectives

By the end of this module learners will be able to:

- Examine “why” (reasoning) for taking this course, by naming or describing it during the first class
- Discover one inner strength or ability they currently have to support their purpose/calling
- VALUES and PASSIONS pillars

Module 1 Assignments	Due Date
Reading(s) - PRIOR TO FIRST CLASS <ul style="list-style-type: none"> • “Seven Pillars of Self-Awareness” (PDF) • “A Beginners Guide to Self-Awareness” (PDF) 	CLASS 1
Zoom Class Session 1 <ul style="list-style-type: none"> • Introduction • Discuss Seven Pillars, focus on VALUES (skill 2) and PASSION • Hobbies, Jobs, Careers, & Vocation • Cherry Blossom Haiku 	CLASS 1
HOMEWORK READ <ul style="list-style-type: none"> • <i>Let Your Life Speak</i> by Parker Palmer - Chapter 2 • Focus by Daniel Golemon (PDF) • EQ Circle Action <p>Reflecting on Chapter 2, the Haiku exercise, and using the affirmation “My true self is revealed to me through every circumstance in my life” journal your thoughts on this idea.</p> <p>Journal your reflections as an “observing participant” from today’s class</p> <ul style="list-style-type: none"> • What surprised you? • What did you learn or become aware of from this session? <p>WATCH https://www.ted.com/talks/rebeca_hwang_the_power_of_diversity_within_yourself</p>	CLASS 2

Module 2: “Feelings... Whoa, whoa, whoa feelings...”

CLASS 2

Module Learning Objectives

- PATTERNS & REACTIONS pillars
- Emotional Intelligence
- Articulate a more expansive feeling vocabulary

Module 2 Assignments	Due Date
<p>Reading(s)</p> <ul style="list-style-type: none"> • <i>Let Your Life Speak</i> by Parker Palmer - Chapter 2 • Focus by Daniel Golemon (PDF) • EQ Circle Action <p>Handout(s)</p> <ul style="list-style-type: none"> • Feelings Wheel (PDF) • Faux Feelings (PDF) • Feelings & Needs (PDF) 	CLASS 2
<p>Zoom Class Session 2</p> <ul style="list-style-type: none"> • Homework reflections • Discuss Parker Palmer Chapter 2 • Curbing Your Compulsions • Mad Lib Feelings • Storytelling 	CLASS 2
<p>HOMEWORK</p> <ul style="list-style-type: none"> • Life Values Exercise (PDF) <p>READ</p> <ul style="list-style-type: none"> • What Is Self-Awareness (PDF) <p>Journal your reflections as an “observing participant” from today’s class</p> <ul style="list-style-type: none"> • What surprised you? • What did you learn or become aware of from this session? 	CLASS 3

Module 3: “Why and Why Not”

WEDNESDAY, DAY 3

Module Learning Objectives

By the end of this module learners will be able to:

- **The difference** between “Having A Purpose” and “Living Purposefully”
- Recognize and interrupt thought patterns that are maladaptive
- ASPIRATIONS and FIT pillars

Module 3 Assignments	Due Date
Reading(s) <ul style="list-style-type: none"> • Life Values Exercise (PDF) • What Is Self-Awareness (PDF) 	CLASS 3
Zoom Class Session 3 <ul style="list-style-type: none"> • Homework reflections • Discuss What Is Self-Awareness • Life Values reflection • Why Exercise 	CLASS 3
HOMEWORK Videos <ul style="list-style-type: none"> • Mahzarin R. Banaji - Blindspot: Hidden Biases of Good People https://www.youtube.com/watch?v=XK_G-rkXenM (6:51) • Mind Bugs https://www.youtube.com/watch?v=AF EaCFFsM2U (19:41) TAKE THE TEST https://implicit.harvard.edu/implicit/takeatest.html Journal your reflections as an “observing participant” from today’s class <ul style="list-style-type: none"> • What surprised you? • What did you learn or become aware of from this session? 	CLASS 4

Module 4: “Wait, WHAT??”

CLASS 4

Module Learning Objectives

By the end of this module learners will be able to:

- Uncover what you don’t know
- Discover areas of our emotional nature that are neglected
- IMPACT pillar

Module 4 Assignments	Due Date
<p>Videos</p> <ul style="list-style-type: none"> • Mahzarin R. Banaji - Blindspot: Hidden Biases of Good People https://www.youtube.com/watch?v=XK_G-rkXenM (6:51) • Mind Bugs https://www.youtube.com/watch?v=AF EaCFFsM2U (19:41) <p>TAKE THE TEST https://implicit.harvard.edu/implicit/takeatest.html</p>	Class 4
<p>Zoom Class Session #4</p> <ul style="list-style-type: none"> • Review homework • Becoming aware of what is unaware • Implicit Bias results • To Talk or Not to Talk • Questions, concerns, appreciations 	Class 4
<p>HOMEWORK EXERCISES</p> <ul style="list-style-type: none"> • Daily Examen exercise (PDF) • Putting Yourself in the Bad Guy Role (PDF) • Negative Nancy (PDF) <p>Journal your reflections as an “observing participant” from today’s class</p> <ul style="list-style-type: none"> • What surprised you? • What did you learn or become aware of from this session? 	Class 5

Module 5: “Leftovers”

CLASS 5

Module Learning Objectives

By the end of this module learners will be able to:

Module 5 Assignments	Due Date
EXERCISES <ul style="list-style-type: none">• Putting Yourself in the Bad Guy Role (PDF)• Negative Nancy (PDF)	Class 5
Zoom Class Session #5 <ul style="list-style-type: none">• Common Defense Strategies• Daily Examen reflection• Spiritual Support System• Questions, concerns, appreciations	Class 5

Final Paper

Submit a summary of the Self-Awareness Journey (1000 words), DUE
