



Narrative: Self-awareness is the ability to recognize, examine, and regulate one’s thoughts, feelings, and behaviors. It requires engaging in a continual process of self-exploration and seeking out multiple perspectives in order to develop personal principles, values, and a sense of purpose that will guide one’s life. This involves accepting responsibility for one’s actions and evaluating their impact on others. Self-awareness is a life-long process that requires self-care and the ability to think critically about one’s needs and contributions in the broader context of society.

Learning Outcomes:

Each student will be able to

- 1.1: accurately describe themselves.
- 1.2: discuss how they are learning and growing.
- 1.3: appropriately advocate for themselves.
- 1.4: evaluate their impact on others.

Educational Priority: As a result of their experience at UIS, students will be leaders cultivating inclusive communities.



Learning Goal 1 Self-Awareness: Students will be able to identify and comprehend their emotions, interests and abilities as they cultivate a sense of self-worth and acknowledge the worth of others.

Self-Awareness	None	Beginner	Intermediate	Advanced
1.1 Accurately describe themselves	a. Cannot accurately describe themselves.	b. Accurately lists surface-level attributes of self.	c. Identifies personal strengths and weaknesses.	d. Accurately describes personally held values and ethics.
1.2 Discuss how they are learning and growing	a. Cannot discuss how they are learning and growing.	b. Express need for personal learning and growth.	c. Seeks and engages in opportunities to learn and grow.	d. Models and communicates learning and growth with others.
1.3 Appropriately advocate for themselves	a. Cannot appropriately advocate for themselves.	b. Recognizes need for self-advocacy.	c. Identifies appropriate channels for self-advocacy.	d. Employs effective self-advocacy techniques.
1.4 Evaluate their impact on others	a. Cannot evaluate their impact on others.	b. Recognizes that they impact others.	c. Distinguishes between positive and negative outcomes.	d. Takes responsibility for the ways their behavior might create positive or negative outcomes for others.