

The *See YourSelf* Program



Purpose

The **See YourSelf** program for middle and high school students is designed to increase student self awareness and to help them understand that their behavior has an impact on others, including those who think and act differently from themselves. By using the 12-Question *See YourSelf* Assessment and the optional As Others See Me Assessment, students learn how to adapt their behavior to create a positive impact and make the most of social interactions.

Learning Outcomes

- **Self Awareness:** Recognize one's own behavior style and how to identify strengths and blind spots
- **Social awareness:** Identify how to leverage strengths of self and others, and build upon them to become more flexible and adaptable
- **Relationship Skills:** Learn how to develop relationship skills based on understanding of behavior style likenesses and differences
- **Decision making:** Discover how to apply and integrate behavior styles in multiple settings to have a positive impact

Recommended for

Grades 8 & Up

Suggested Timing

There are three steps to the *See Your Self* program. Plan for each step to take one class period, but steps 1 and 3 can take longer if you wish. They are only limited by the number of activities you choose and how long you let them run. You can do the steps at whatever time works best for you. For example, you can deliver all three in the same day, or step 1 at the beginning of the unit, step 2 in the middle and step 3 at the end; or each step on subsequent days in the same week.

There is also an optional As Others See Me Assessment, which gives students insight into how their Behavior Style affects others.

Suggested Applications

- 21st Century Readiness
- Social and Emotional Learning
- Anti-Bullying Program Sustainability
- Life skills Training
- Career and Technical Education



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