



Improving Self- Awareness

GLOBAL COURSEWARE

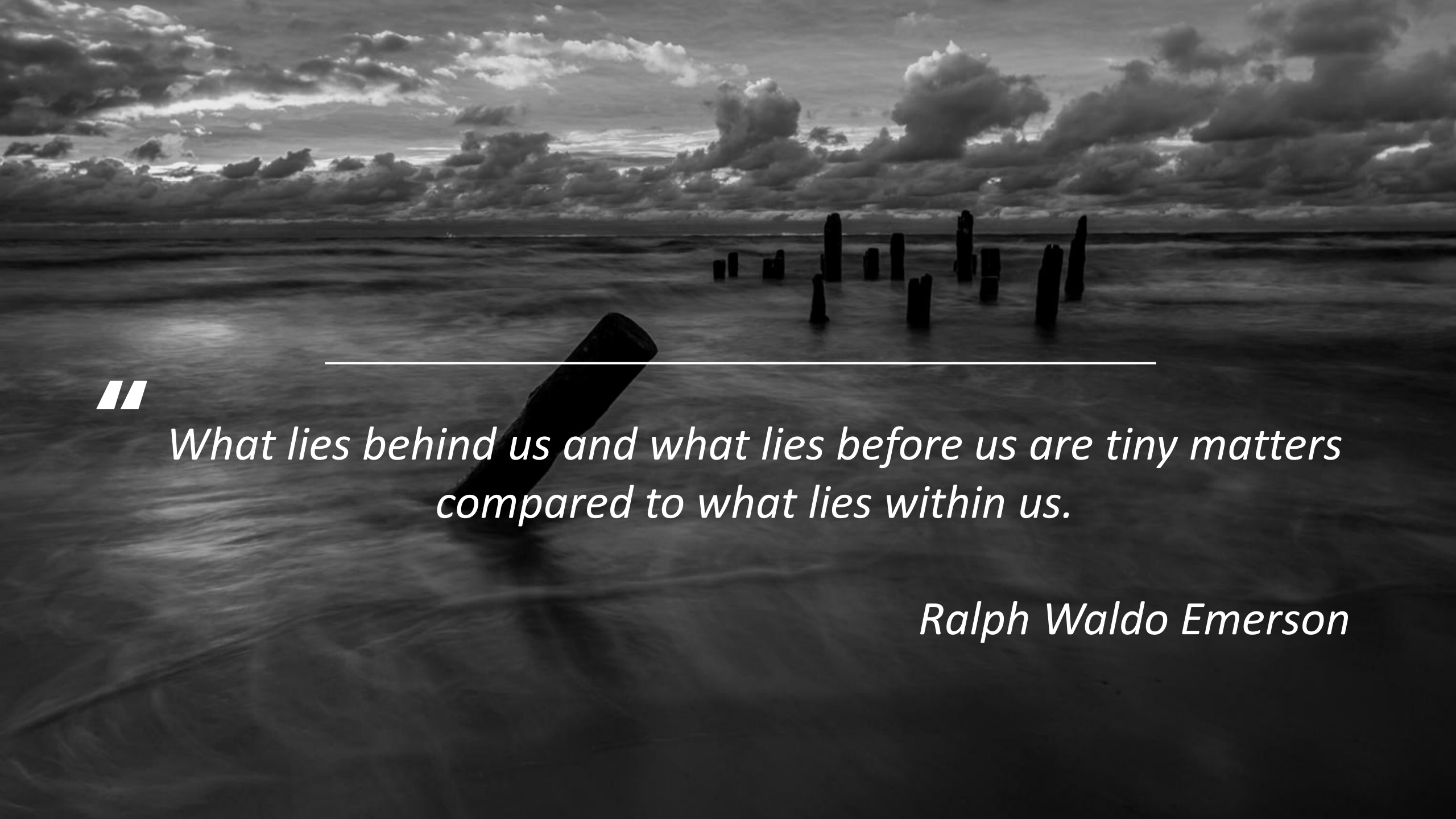
Getting Started

If you can become aware of your self – your strengths and your weaknesses, you will have a better idea of the affects you can impose, and how to change them, or whether you should.

Workshop Objectives



- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
- Appreciate themselves
- Improve effectiveness



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*What lies behind us and what lies before us are tiny matters
compared to what lies within us.*

Ralph Waldo Emerson

MODULE TWO

What Is the Self?

Too often we stumble through life and take a shallow view of ourselves, our environment, and prevailing forces. And yet, we can do better.



The Physical Self

Awareness of our bodies when that body is in great pain or distress is usually strong.

The Emotional Self

Being aware of one's self on an emotional level means being aware of one's emotions.





The Mental Self

The mental aspect of self, concerns your thoughts and your imagination.

The Spiritual Self

The spiritual self is the realm of what a person values. It's the world view and the source of motivation.



Practical Illustration



- The Physical Self
- The Emotional Self
- The Mental Self
- The Spiritual Self

Module Two: Review Questions

1. According to this course, what is the self?

A. The part of a person that feels

B. The part of a person that thinks

C. The part of a person that laughs

D. The part of a person that says
“I”

Module Two: Review Questions

2. Which of the following is NOT true about the physical self?

A. The physical aspect of the self can affect the emotional, mental, and spiritual aspects of the self

B. We are always consciously aware of how our physical self is feeling

C. The physical aspect of the self also includes the physical environment

D. Another term for the physical self is the body

Module Two: Review Questions

3. Physical and emotional feelings _____.

A. Act upon us

B. Can be controlled

C. Are useless

D. All of the above

Module Two: Review Questions

4. Which of the following statements is NOT true about emotions?

A. Emotions can make us feel out of control

B. Emotions provide motivation

C. We should try to avoid emotions

D. Our culture often undervalues emotions

Module Two: Review Questions

5. Which of the following statements IS true?

A. We cannot be aware of our thoughts

B. It is easier to change our thoughts than to change our emotions

C. It is easier to change our emotions than to change our thoughts

D. We can only think in words

Module Two: Review Questions

6. The mental self does NOT include _____ .

A. Imagination

B. Thoughts

C. Logic

D. Emotions

Module Two: Review Questions

7. Which of the following is NOT included in the description of the spiritual self?

A. Imagination

B. Identity

C. Motivation

D. Values

Module Two: Review Questions

8. What is another word for the spiritual self?

A. God

B. Devil

C. Id

D. Soul

Module Two: Review Questions

9. Which is the most obvious aspect of one's self?

A. Spiritual

B. Physical

C. Emotional

D. Logical

Module Two: Review Questions

10. In a culture that values concepts such as logic and reason, _____ often gets undervalued.

A. Mentality

B. Physicality

C. Emotion

D. All of the above

A high-contrast, black and white close-up of a human eye. The eye is looking directly at the viewer, with the iris and pupil clearly visible. The eyelids and surrounding skin are in sharp focus, showing fine details like wrinkles and skin texture. A horizontal white line is positioned across the middle of the image, just above the eye. To the left of the line, there are two white slanted bars. To the right of the line, the quote "The body never lies." is written in a white, italicized serif font. Further to the right, the name "Martha Graham" is written in the same font style.

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The body never lies.

Martha Graham

MODULE THREE

Awareness of the Physical Self

Even though it is a first step, the importance of being aware of your physical self and the space it operates can't be understated.



Scanning

This practice allows you to focus your attention throughout your body and take note of how things stand.

Progressive Relaxation

Progressive relaxation is a prelude to another technique called a relaxation response.





Physical Stressors

Smoking, losing sleep, eating unhealthily, or setting up your work space non-ergonomically are just a few examples of physical stressors.

Exercise

- Balance
- Endurance
- Strength



Practical Illustration



- Scanning
- Progressive Relaxation
- Physical Stressors
- Exercise

Module Three: Review Questions

1. Where do we tend to hold tension?

A. In our muscles

B. In our bones

C. In our nerves

D. All of the above

Module Three: Review Questions

2. Scanning is a technique of _____.

A. Reading

B. Running

C. Meditating

D. Exercising

Module Three: Review Questions

3. Why should some people consult their doctor before practicing progressive relaxation?

A. They should get proper drugs first

B. They have had structural injuries where tensing muscles intentionally can be harmful

C. They don't need relaxation

D. They can teach their doctor how to relax

Module Three: Review Questions

4. What is an immediate relaxation method called?

A. Relaxation Moment

B. Self-Hypnosis

C. Tension Tamer

D. Relaxation Response

Module Three: Review Questions

5. Which of the following is NOT a physical stressor?

A. Cancer

B. Your boss's angry email

C. Indigestion

D. Insomnia

Module Three: Review Questions

6. Which of the following is NOT true?

A. Physical stress is part of being alive

B. You can eliminate physical stressors

C. Ergonomic furniture can relieve physical stress

D. Smoking is not a physical stressor

Module Three: Review Questions

7. Exercise relieves _____.

A. Depression

B. Indigestion

C. Arthritis

D. None of the above

Module Three: Review Questions

8. Which of the following is NOT an aspect of a good exercise regimen?

A. Strength

B. Balance

C. Speed

D. Flexibility

Module Three: Review Questions

9. An increased awareness of your _____ is the first step in improving both your physical and emotional health.

A. Emotional state

B. Physical body

C. Mental state

D. None of the above

Module Three: Review Questions

10. One of the best ways to develop a habit of being physically aware comes from _____ and the specific practice of scanning.

A. Walking

B. Weight lifting

C. Meditation

D. Dieting



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Procrastination is the thief of time.

Edward Young

MODULE FOUR

Time Management

Life in the early 21st Century is fast-paced and in order to effectively engage with the overall environment, you must become aware of how you spend your time and how to maximize that time.

Organization

If you constantly have to spend time finding things or apologize for missing important events, chances are you are disorganized.



Goal Management

- Specific
- Measurable
- Achievable
- Realistic
- Time-targeted





Priorities

Eat a frog

Big stuff first

Covey quadrants

Procrastination

- Use the buddy system
- Accept that things are likely to be imperfect
- Avoid overcomplicating matters



Practical Illustration



- Organization
- Goal Management
- Priorities
- Procrastination

Module Four: Review Questions

1. Which of the following is an effective way to approach a large task?

A. Break it down into smaller tasks

B. Procrastinate

C. Ignore it

D. None of the above

Module Four: Review Questions

2. Which of the following are approaches to keeping an area organized?

A. Remove clutter

B. Clean up at the end of each day

C. Schedule a weekly time for deeper cleaning

D. All of the above

Module Four: Review Questions

3. Which of the following is NOT part of the SMART acronym for setting goals?

A. Specific

B. Accessible

C. Measurable

D. Time-Targeted

Module Four: Review Questions

4. What should you do if you fail to meet a milestone for a goal?

A. Give up

B. Beat yourself up

C. Determine how and why you missed the milestone

D. None of the above

Module Four: Review Questions

5. When setting priorities, it is important to schedule time for _____.

A. Play

B. Relaxation

C. Neither A nor B

D. Both A and B

Module Four: Review Questions

6. Which of the following is NOT a method of prioritizing tasks that is discussed in this module?

A. Eat a Frog

B. Silence a Canary

C. Covey Quadrants

D. Big Stuff First

Module Four: Review Questions

7. Which of the following is NOT a cause for procrastination?

A. Perceived delay in a reward

B. Lack of impulse control

C. Distaste for the task

D. Enthusiasm for the task

Module Four: Review Questions

8. Which of the following is NOT an approach towards limiting procrastination?

A. Get the help of a buddy

B. Eliminate distractions

C. Avoid over-complication

D. Pursue perfection

Module Four: Review Questions

9. Another way of thinking of physical awareness is being aware of how you deploy yourself in your _____.

A. Home

B. Workplace

C. Neither A nor B

D. Both A and B

Module Four: Review Questions

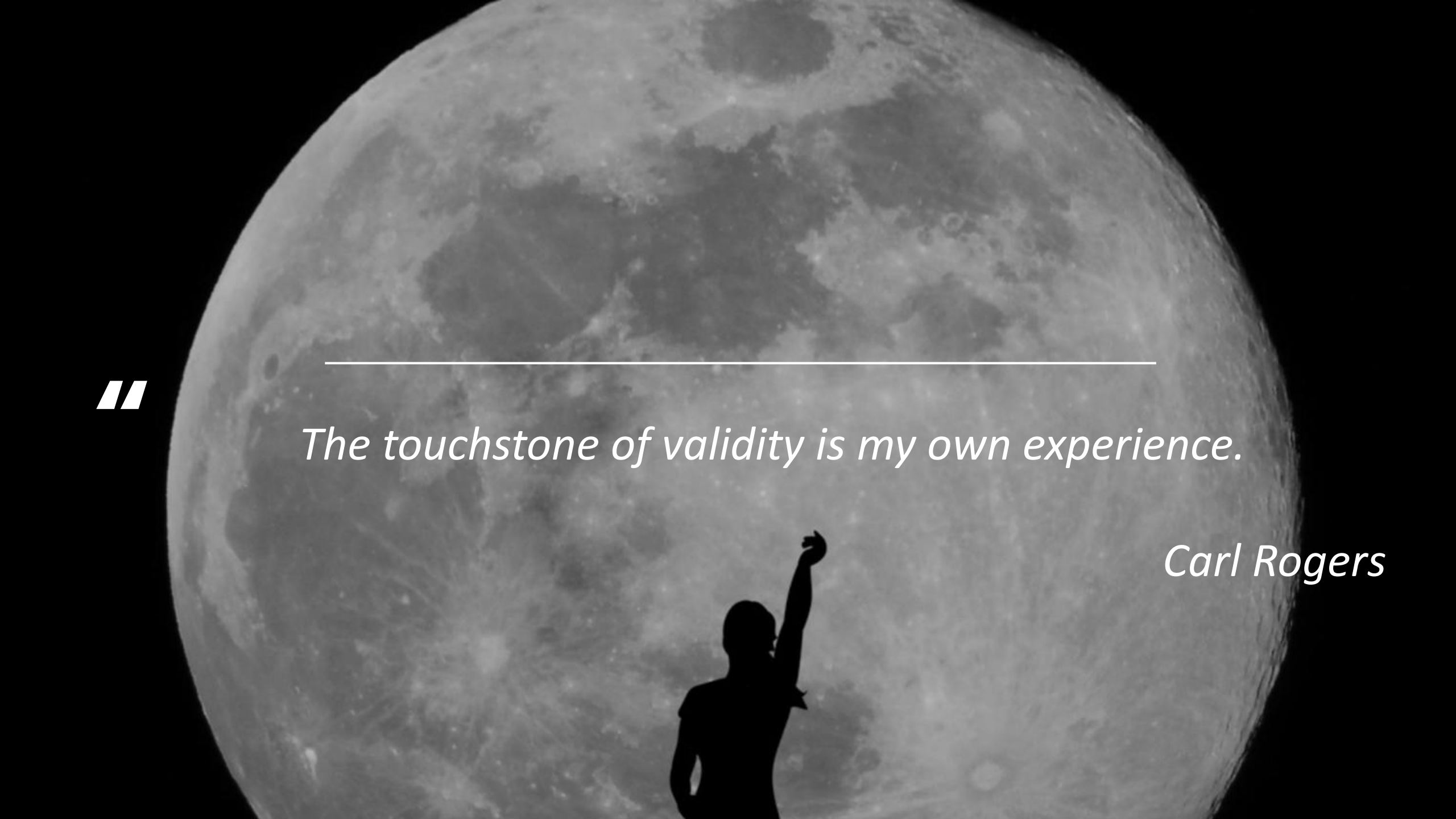
10. In order to effectively engage with the overall environment, you must become aware of _____.

A. How you spend your time

B. How you maximize your time

C. The people you spend your time with

D. A and B



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The touchstone of validity is my own experience.

Carl Rogers

MODULE FIVE

The Emotional Self

The emotional aspect of the self has long been misunderstood. The ancient cultures from which many of our own contemporary values have derived were faced with a difficult task.



Validity of Emotions

The validity of emotions means that in any situation, if you feel anger, regardless of the cause, it is valid to acknowledge to yourself that you do indeed feel anger.

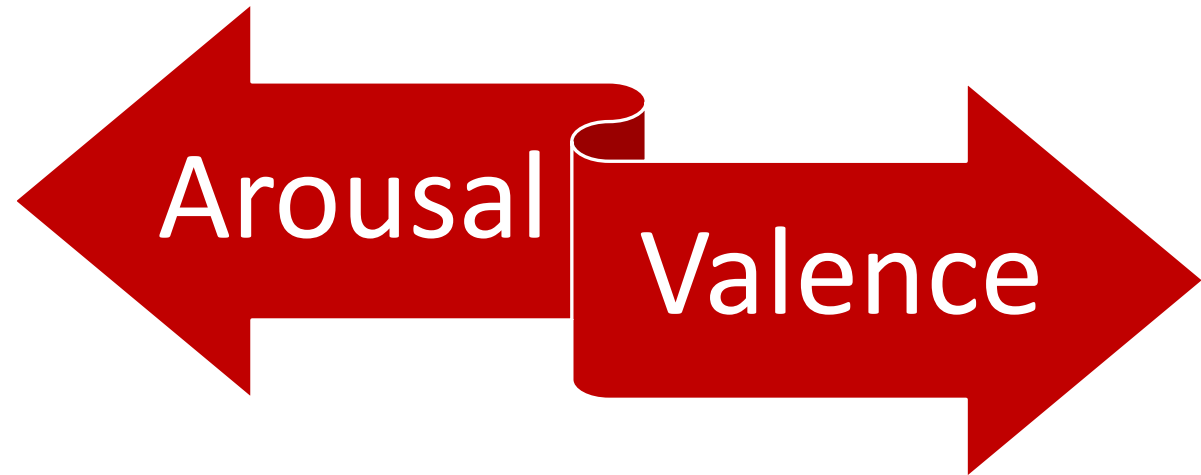
Utility of Emotions

Of course, nowadays, we might feel as if a situation is a matter of life or death when upon further reflection, we realize it isn't.





Emotional Arousal



Emotional Valence

Emotional valence refers to whether the emotion is experienced as a pleasant condition or an unpleasant condition.



Practical Illustration



- Validity of Emotions
- Utility of Emotions
- Emotional Arousal
- Emotional Valence

Module Five: Review Questions

1. When someone says an emotion is valid, what do they mean?

A. It is the way a person truly feels

B. It is appropriate to the situation

C. It is always right to feel this way

D. It should be ignored

Module Five: Review Questions

2. What can happen if you deny or ignore an emotion?

A. It goes away

B. It can lead to a blow-up

C. It transforms into peace

D. It turns into logic

Module Five: Review Questions

3. What is the effect of fear called?

A. Tend and befriend

B. Fight or flight

C. Seek and Destroy

D. Run to the Hills

Module Five: Review Questions

4. Why is it helpful to identify your emotional state?

A. To prevent you from being irrational

B. So you can hide it from others

C. Only pleasant emotions are helpful

D. It provides important information about your environment and your assessment of that environment

Module Five: Review Questions

5. Which of the following is NOT a high arousal emotion?

A. Depression

B. Anger

C. Fear

D. Desire

Module Five: Review Questions

6. What does emotional granularity refer to?

A. Heavy emotions

B. Hippie emotions

C. The ability to identify emotions
in yourself

D. The ability to repress emotions
in yourself

Module Five: Review Questions

7. What does emotional valence refer to?

A. Whether an emotion is pleasant or unpleasant

B. Whether an emotion is appropriate or inappropriate

C. Whether an emotion is valid or invalid

D. The change from one emotion to another

Module Five: Review Questions

8. What does an unpleasant emotion indicate?

A. Someone is in deep trouble

B. You're getting sick

C. Something needs to change

D. You're wrong

Module Five: Review Questions

9. The emotional aspect of the self has long been_____.

A. Studied

B. Misunderstood

C. Shared

D. All of the above

Module Five: Review Questions

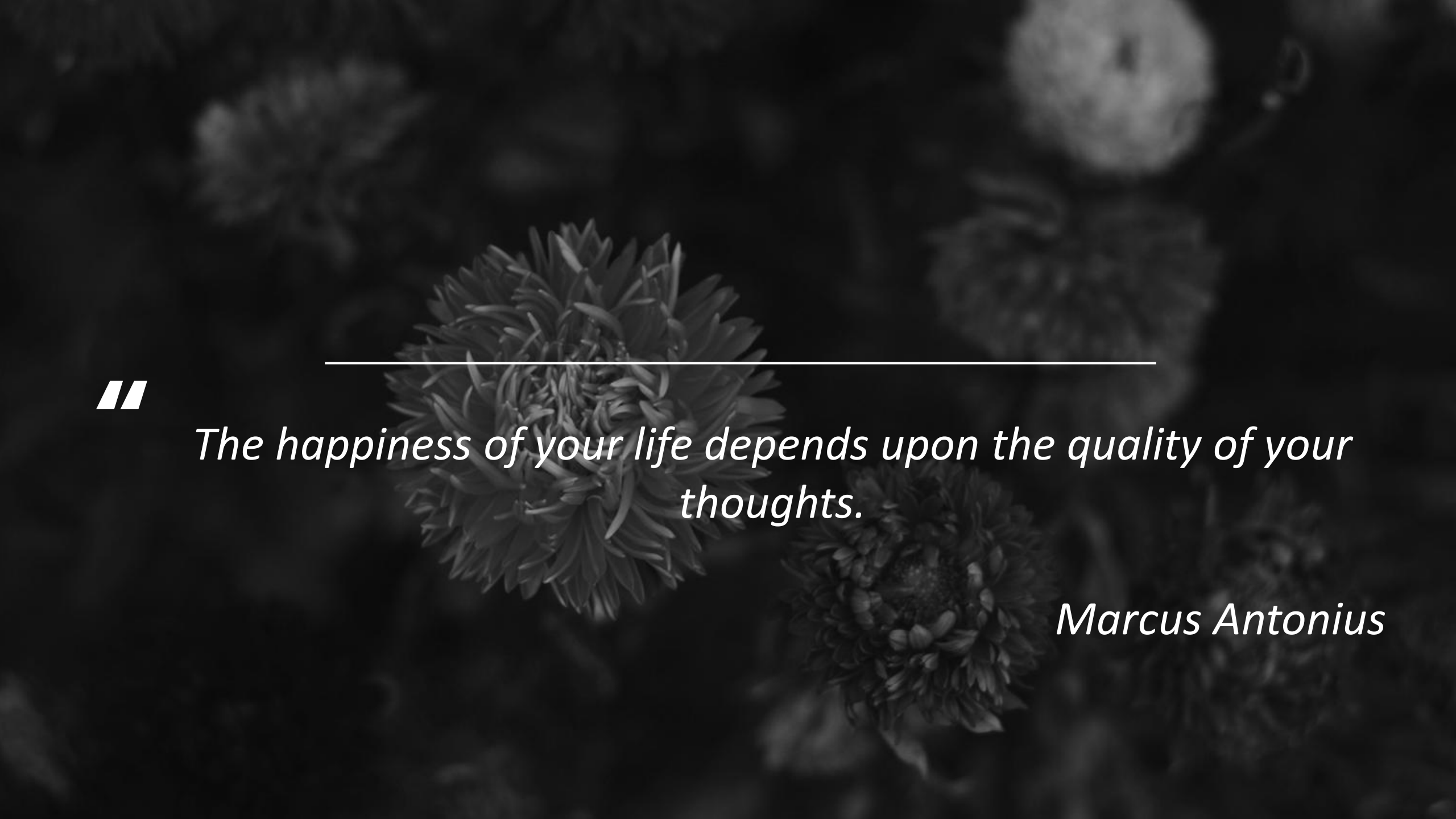
10. In order to limit the destructive impulses that tended to come out when large groups gathered, people began to champion concepts of _____.

A. Reason

B. Rationality

C. Neither A nor B

D. A and B



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The happiness of your life depends upon the quality of your thoughts.

Marcus Antonius

MODULE SIX

Mood Management

If you cannot control how you feel, and avoiding your feelings has negative consequences, the only recourse you have left is to manage your emotions.



Emotional Intelligence

Once you accept that emotions are valid, it's tempting to think that expressing them in every instance is the way to go.

Categories of Emotion

Swing emotions are characterized as being high arousal emotions but with a narrowed focus.





Increasing Arousal

Exercise

Listen to
upbeat music

Sing

Play

Decreasing Arousal

- Breathe
- Engage a Relaxation Response
- Exercise
- Shout



Practical Illustration



- Emotional Intelligence
- Categories of Emotion
- Increasing Arousal
- Decreasing Arousal

Module Six: Review Questions

1. What is Emotional Intelligence?

A. Understanding what your emotion signifies

B. Understanding how to make an emotion work for you

C. Understanding an appropriate and effective way to express your emotions

D. All of the above

Module Six: Review Questions

2. Which of the following statements is true?

A. Yelling “Serenity Now!” is a good way to express your emotions

B. You should acknowledge your emotions but you do not always have to express them to others

C. You should always express your emotions to everyone

D. None of the above statements are true

Module Six: Review Questions

3. Which emotions are low arousal and narrowly focused?

A. High performance emotions

B. Swing emotions

C. Blue emotions

D. None of the above

Module Six: Review Questions

4. Which of the following is a swing emotion?

A. Boredom

B. Satisfaction

C. Enthusiasm

D. Anger

Module Six: Review Questions

5. Which of the following is NOT a way to increase arousal?

A. Singing

B. Sleeping

C. Dancing

D. Playing

Module Six: Review Questions

6. What emotion can you cultivate by increasing your arousal level?

A. Disappointment

B. Boredom

C. Calm

D. Enthusiasm

Module Six: Review Questions

7. What is another word for decreasing arousal?

A. Venting

B. Vaining

C. Vaning

D. Voting

Module Six: Review Questions

8. Which of the following actions does NOT decrease arousal?

A. Shouting

B. Exercising

C. Fighting

D. Breathing

Module Six: Review Questions

9. Understanding how you feel and being able to make use of those feelings, is referred to as:

A. High arousal

B. Low arousal

C. Managing your emotions

D. Decreasing arousal

Module Six: Review Questions

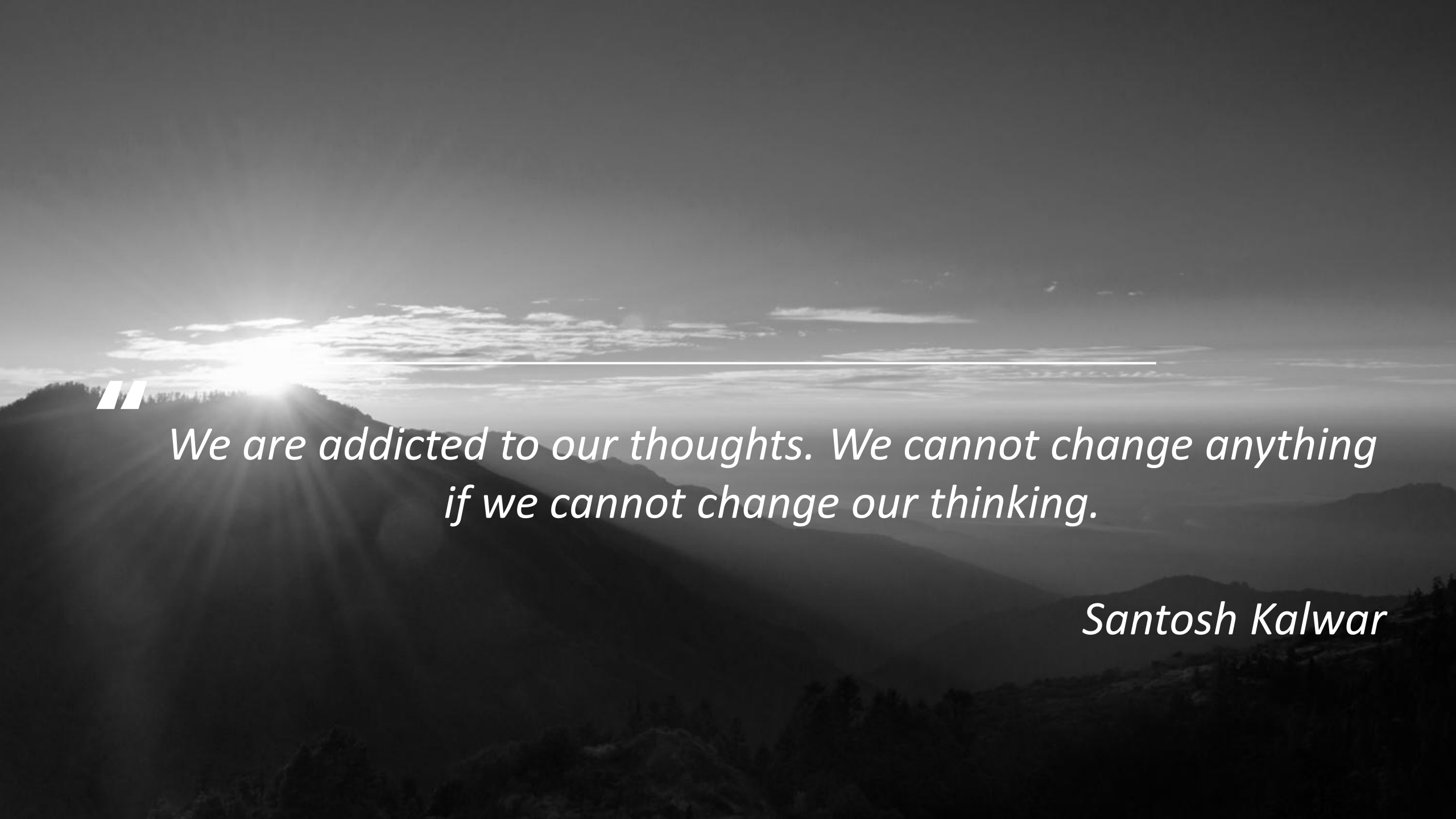
10. What is a good way to address both high and low arousal emotions that are unpleasant?

A. Attack the person who caused the emotions

B. Ignore the emotions until they subside

C. Exercise

D. Venting



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*We are addicted to our thoughts. We cannot change anything
if we cannot change our thinking.*

Santosh Kalwar

MODULE SEVEN

The Mental Self

If your assessment is off, you may be angry in a situation, that when viewed in another way, would not warrant anger at all.

Thinking Style



Global
thinker

Linear
thinker

Learning Style

- Auditory
- Visual
- Tactile





Personality

Personality is a construct, and there are numerous ways of defining personality.

Stinking Thinking

- Magnifying and minimizing
- Thinking in the imperative
- Destructive Labeling



Practical Illustration



- Thinking Style
- Learning Style
- Personality
- Stinking Thinking

Module Seven: Review Questions

1. A person with a _____ thinking style will agree with this statement: “The devil is in the details.”

A. Global

B. Linear

C. Worldly

D. Serial

Module Seven: Review Questions

2. Global thinkers prefer to work with which type of thinker?

A. Serial

B. Worldly

C. Global

D. Linear

Module Seven: Review Questions

3. Which learning style emphasizes learning by doing?

A. Tactile

B. Visual

C. Auditory

D. Linear

Module Seven: Review Questions

4. Which style of learning is enhanced by recording lectures?

A. Tactile

B. Global

C. Linear

D. Auditory

Module Seven: Review Questions

5. Which personality type energizes by spending time alone?

A. Judging

B. Extravert

C. Introvert

D. None of the above

Module Seven: Review Questions

6. While a personality is not an actual thing, it is a useful _____.

A. Fantasy

B. Construct

C. Theory

D. Activity

Module Seven: Review Questions

7. “This class is stupid” is an example of which distorted thinking style?

A. Destructive labeling

B. Magnification

C. Personalizing

D. Imperative thinking

Module Seven: Review Questions

8. Which of the following is NOT a strategy for handling a distorted thought?

A. Reframing the problem using the statement, "The problem is not _____. The real problem is _____."

B. Asking yourself why the other person hates you

C. Reconceiving the thought in a complete sentence

D. Asking yourself if the situation is really as bad as you're thought suggests

Module Seven: Review Questions

9. It is not possible to control your emotions.

A. True

B. False

Module Seven: Review Questions

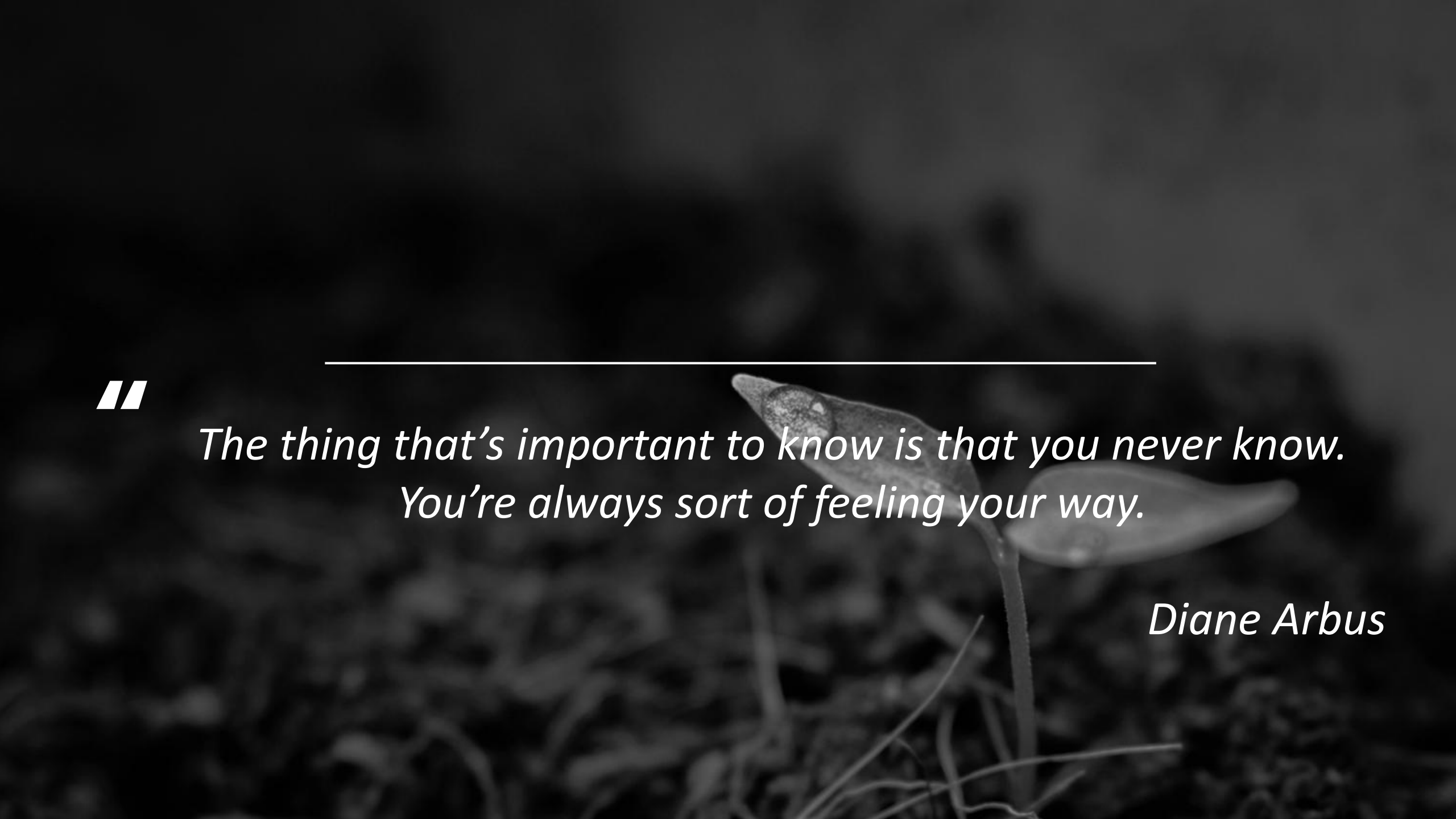
10. To develop greater self-awareness, you must become aware of your _____.

A. Coworker's Preference in thinking styles

B. Co-worker's working style

C. Mental self

D. Ability to study for lengthy periods



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*The thing that's important to know is that you never know.
You're always sort of feeling your way.*

Diane Arbus

MODULE EIGHT

Interpersonal Awareness

When you have a greater awareness of thinking, learning, and personality styles, you also have a responsibility to be more adaptable in your interactions with others.



Addressing Different Thinking Styles

If both people are global thinkers, then they will appreciate each other's willingness to see the bigger picture.

Addressing Different Learning Styles

One way to make sure you are accommodating the different learning styles is to video record your presentations while you practice and during the presentation itself.





Active Listening and Body Language

Use (minimal) encouragers

Repeat key phrases

Listening fully

Transactional Analysis

- Child mode
- Parent mode
- Adult mode



Practical Illustration



- Addressing Different Thinking Styles
- Addressing Different Learning Styles
- Active Listening and Body Language
- Transactional Analysis

Module Eight: Review Questions

1. If you have a global thinking style, how can you address someone with a linear thinking style?

A. Explain the situation in theoretical terms

B. Develop an abstract model

C. Give a detailed, step-by-step description

D. Speak loudly and slowly

Module Eight: Review Questions

2. Which of the following statements is true about thinking styles?

A. Global thinkers prefer other global thinkers

B. Linear thinkers prefer other linear thinkers

C. Both thinking styles can complement each other

D. All of the above

Module Eight: Review Questions

3. How would you teach someone with a visual learning style?

A. Demonstrate what you are trying to teach them to do

B. Make them do what you are trying to teach them to do

C. Tell them the instructions

D. None of the above

Module Eight: Review Questions

4. How would you teach someone with an auditory learning style?

A. Tell them the instructions

B. Demonstrate what you are trying to teach them to do

C. Make them do what you are trying to teach them to do

D. None of the above

Module Eight: Review Questions

5. Which is true of active listening?

A. You must listen with genuine interest

B. It is a list of tricks that can convince someone you are listening

C. It is not as effective as passive listening

D. None of these statements are true

Module Eight: Review Questions

6. Which of the following is NOT an approach to active listening?

A. Using non-verbal encouragers such as nodding

B. Writing down what you are going to ask the other person once that person stops talking

C. Using verbal encouragers

D. Asking open-ended questions

Module Eight: Review Questions

7. Parent mode is _____.

A. The ideal mode to be in

B. The mode that imitates how you saw authority figures act when you were a child

C. Preferable to child mode

D. All of the above

Module Eight: Review Questions

8. Modes that contribute to a recurring cycle of behavior are called _____.

A. Crossed

B. Adult

C. Parent

D. Complementary

Module Eight: Review Questions

9. As you develop a greater degree of _____ you will also become more aware of the dynamics at play in your interactions with others.

A. Your co-worker's learning style

B. Self-awareness

C. Your co-worker's expectations

D. None of the above

Module Eight: Review Questions

10. Co-workers with different styles can learn to work more efficiently by _____ each other.

A. Outperforming

B. Complementing

C. Praising

D. Interfere with



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There is no greater agony than bearing an untold story inside you.

Maya Angelou

The bottom of the image features a dark silhouette of a line of trees, likely evergreens, against the lighter background of the sky.

MODULE NINE

The Spiritual Self

Developing awareness of the spiritual self is the capstone to developing awareness of one's whole self.



Mindfulness

Becoming mindful means to become both aware of the movement of your thoughts and emotions and to become detached from them.

Mediation

Mindfulness meditation is actually only one form of meditation with the specific goal of developing a specific type of meditation.





Cultivating Positivity

- Let go of resentment
- Celebrate successes
- Help others

Gratitude

They can also be earth shattering, such as a recovery from an illness or a huge life event such as a wedding or graduation.



Practical Illustration



- Mindfulness
- Mediation
- Cultivating Positivity
- Gratitude

Module Nine: Review Questions

1. What is the term for the constant chatter of our thoughts?

A. Monkey mind

B. Bovine brain

C. Serpent soul

D. None of the above

Module Nine: Review Questions

2. What is the difference between mindfulness and living in the moment?

A. There is no difference

B. Mindfulness focuses on the past

C. Mindfulness involves paying a certain kind of attention to things we normally would ignore

D. Mindfulness involves daydreaming

Module Nine: Review Questions

3. Which meditation is most helpful for increasing positive feelings?

A. Mindfulness meditation

B. Progressive relaxation

C. Transcendental meditation

D. Loving-kindness meditation

Module Nine: Review Questions

4. What does the simple meditation technique included in this course accomplish?

A. It relaxes you

B. It makes you feel more calm

C. It quiets your thoughts

D. All of the above

Module Nine: Review Questions

5. Who does forgiveness benefit the most?

A. The person doing the forgiving

B. The person being forgiven

C. It does not benefit anyone

D. All of the above

Module Nine: Review Questions

6. What is a way to help you begin to forgive someone with whom you are angry?

A. Insist that person apologizes

B. Watch that person be punished

C. Tell that person exactly what you think about them

D. Make a list of things you appreciate or like about that person

Module Nine: Review Questions

7. According to this manual, when is a good time to write in your gratitude journal?

A. After you eat breakfast

B. After you eat lunch

C. After you get home from work

D. Right before you go to sleep

Module Nine: Review Questions

8. How many things should you list in your gratitude journal entries?

A. Four

B. Three

C. Twenty

D. Five

Module Nine: Review Questions

9. Developing awareness of the spiritual self is the capstone to developing awareness of one's _____.

A. Religion

B. Optimism

C. Gratitude

D. Whole self

Module Nine: Review Questions

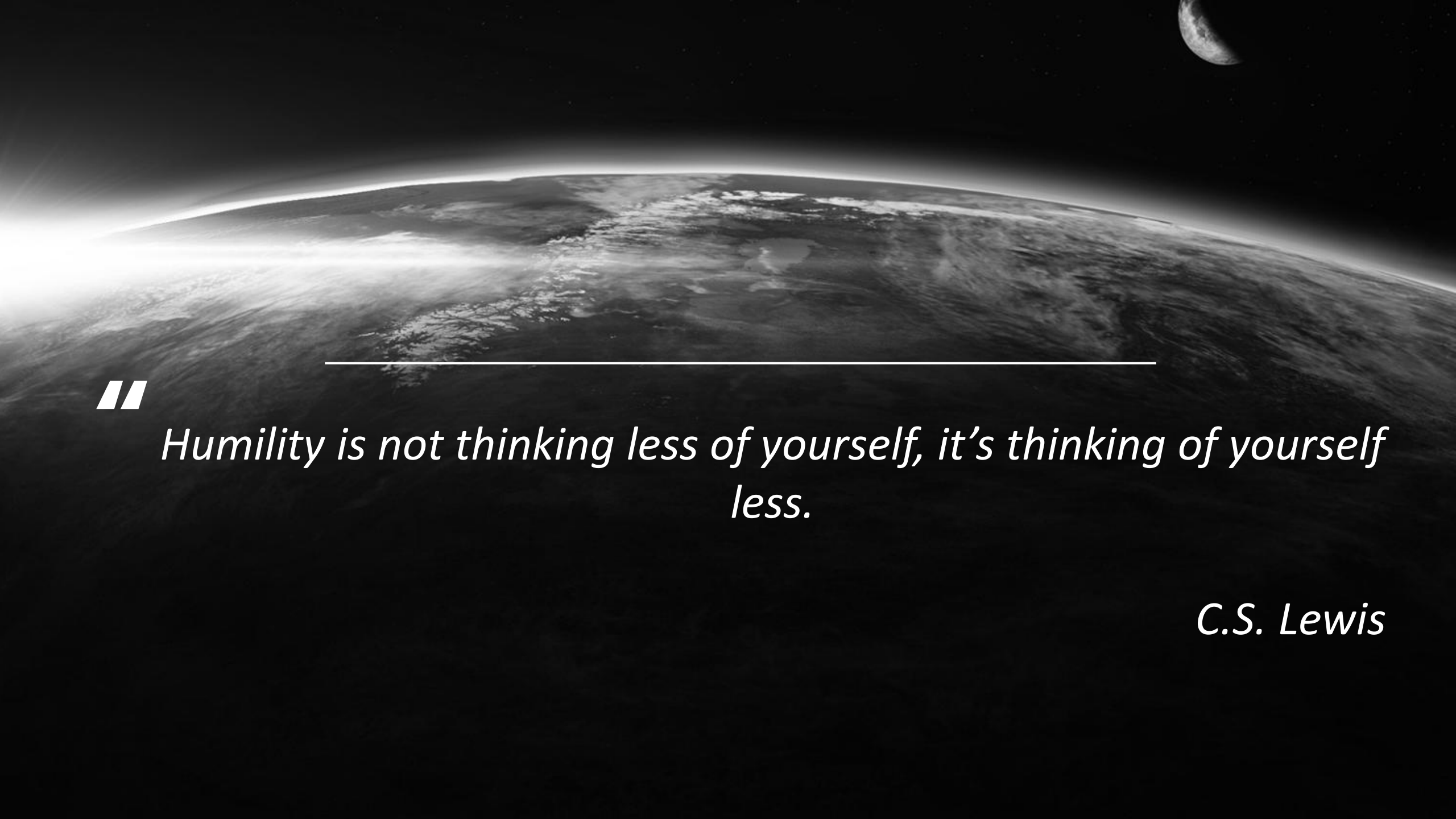
10. When you begin to focus on _____, all other approaches to increasing your self-awareness become enhanced.

A. Being positive

B. Being cynical

C. Spiritual development

D. All of the above



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Humility is not thinking less of yourself, it's thinking of yourself less.

C.S. Lewis

Limitations of Self Awareness

Increasing your self-awareness can be a highly enriching experience. However, it is only a prelude towards greater awareness of your place among others.



Navel Gazing

Once you start becoming more self-aware, it is important to invest time getting out of yourself.

Excessive Self Discipline

Being spontaneous and taking time out to play is important for fostering creativity.





Developing Humility



Developing Empathy

- Listen
- Validate
- Consider your own attitude



Practical Illustration



- Navel Gazing
- Excessive Self Discipline
- Developing Humility
- Developing Empathy

Module Ten: Review Questions

1. According to the module, what is one approach to avoid navel gazing?

A. Serve others

B. Write a memoir

C. Stare at your belly button

D. Tell people about yourself

Module Ten: Review Questions

2. Why is navel gazing dangerous?

A. It isn't

B. You get neck cramps

C. You get stuck in a self-centered mindset

D. You start to hallucinate

Module Ten: Review Questions

3. What does excessive self-discipline foster?

A. Overblown sense of self-importance

B. Rebellion

C. Arrogance

D. All of the above

Module Ten: Review Questions

4. What two things are helpful for fostering creativity?

A. Self-discipline and routine

B. Self-loathing and cynicism

C. Self-righteousness and self-importance

D. Spontaneity and Play

Module Ten: Review Questions

5. Which of the following does NOT help you foster humility?

A. Appreciating others

B. Taking credit

C. Sharing credit

D. Not insisting on being right

Module Ten: Review Questions

6. When you point a finger at someone else, what happens?

A. Someone points back at you

B. Someone attacks you

C. You point three fingers back at yourself

D. Your finger gets broken

Module Ten: Review Questions

7. Empathy is _____?

A. The opposite of judging

B. When you can understand and relate to how someone might feel in a situation

C. A helpful capacity to avoid being self-centered

D. All of the above

Module Ten: Review Questions

8. Which of the following does NOT help you to develop empathy?

A. Seeing the other person as valid

B. Suspending your own beliefs

C. Listening to the other person

D. Giving advice

Module Ten: Review Questions

9. Increasing your _____ can be a highly enriching experience.

A. Emotional intelligence

B. Education

C. Self-awareness

D. None of the above

Module Ten: Review Questions

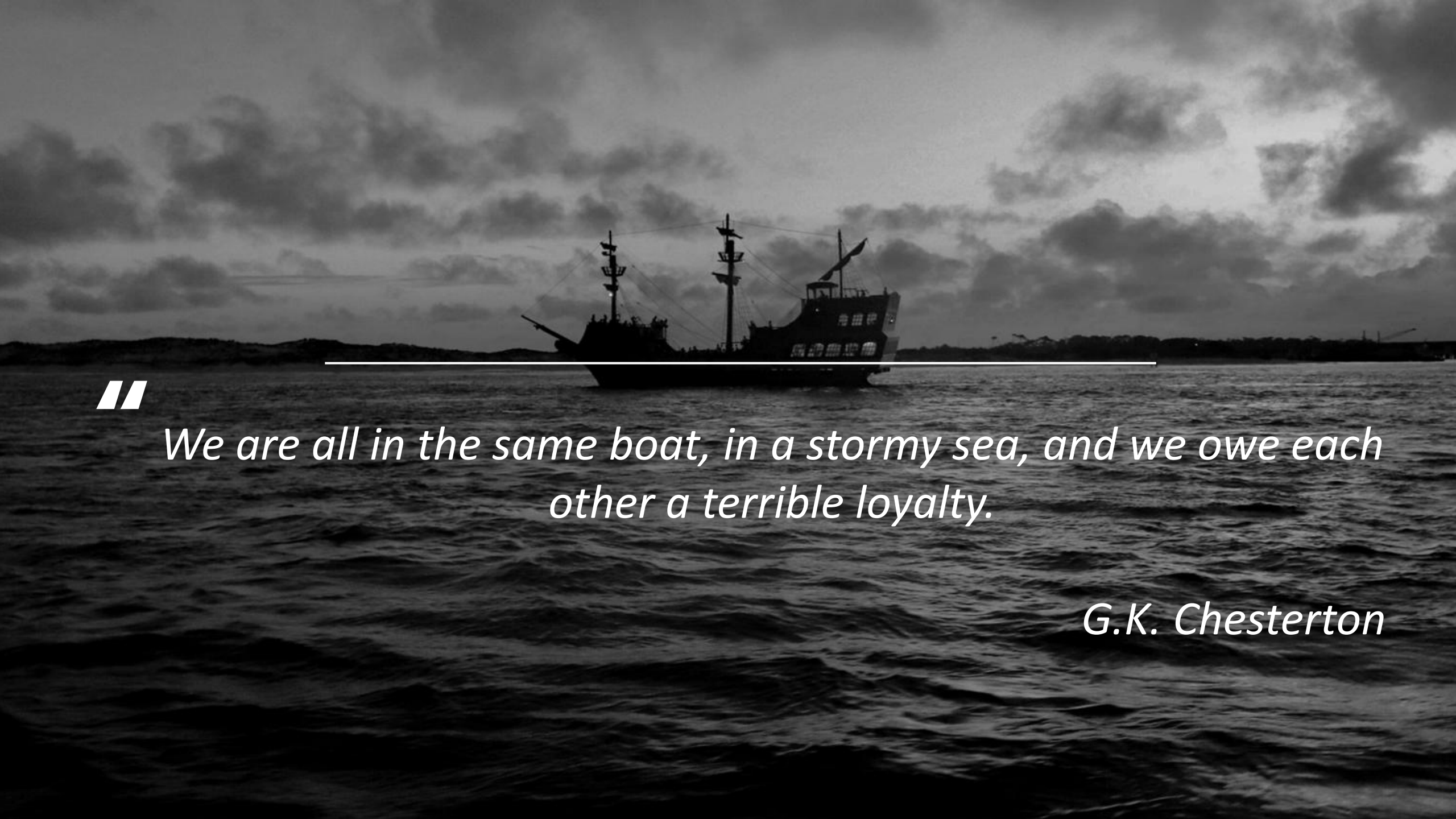
10. One danger of spending too much time and energy on developing yourself is that you can become stuck in a mode of seeing everything only as it _____.

A. Relates to others

B. Relates to you

C. Relates to work

D. Relates to home life



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We are all in the same boat, in a stormy sea, and we owe each other a terrible loyalty.

G.K. Chesterton

MODULE ELEVEN

Independence Versus Interdependence

Now that the Internet and high-speed forms of travel and communication have become the norm, the idea of independence as the best form of social organizing is being supplanted by a new notion: interdependence.



What is Interdependence?

The concept of interdependence is a recognition that everything and everyone is interconnected.

Systems Theory

Systems theory looks at things as they exist in context with other things.





More Than the Sum of All Parts

Proponents of systems theory recognize that we can only look at things in terms of a framework.

Team Building

- Identify each team member's role
- Identify group weaknesses
- Play together



Practical Illustration



- What is Interdependence?
- Systems Theory
- More Than the Sum of All Parts
- Team Building

Module Eleven: Review Questions

1. Being interdependent means _____.

A. Everything is interconnected

B. Every person for themselves

C. Everyone is dependent on the boss

D. None of the above

Module Eleven: Review Questions

2. In which order historically have these concepts come to be valued highly?

A. Interdependence to
Dependence to Independence

B. Dependence to Independence to
Interdependence

C. Interdependence to
Independence to Dependence

D. Independence to
Interdependence to Dependence

Module Eleven: Review Questions

3. Systems theory focuses on _____.

A. Things

B. Concepts

C. Interactions

D. None of the above

Module Eleven: Review Questions

4. Which metaphor might be associated with Systems Theory?

A. Architecture

B. Physics

C. Chemistry

D. Ecology

Module Eleven: Review Questions

5. Whenever we observe one thing and leave others out of our observations, we are making a _____.

A. Guess

B. Leap

C. Conjecture

D. Frame

Module Eleven: Review Questions

6. The idea that something is more than the sum of its parts refers to _____.

A. Divergent characteristics

B. Emergent characteristics

C. Detergent characteristics

D. None of the above

Module Eleven: Review Questions

7. Which of the following helps in improving team work?

A. Recognizing group successes

B. Identifying individuals' weaknesses

C. Creating team conflicts

D. None of the above

Module Eleven: Review Questions

8. When you can't resolve a team conflict internally, what should you do?

A. Breakup the team

B. Choose sides and whichever side wins rock/paper/scissors gets to win the argument

C. Involve a mediator

D. Ignore it because conflict and tension can spur creativity

Module Eleven: Review Questions

9. Why was the family name so important centuries ago?

A. It denoted nobility

B. It associated the troublemakers

C. Family was more important than independence

D. None of the above

Module Eleven: Review Questions

10. The idea of being dependent is considered a negative thing.

A. True

B. False

MODULE TWELVE

Wrapping Up

Although this workshop is coming to a close, we hope that your journey to greater self-awareness and awareness of others is just beginning.



Words From the Wise

*This above all: To thine own
self be true, and it must
follow, as the night the day,
thou canst not then be false
to any man.*

- William Shakespeare

*I think self-awareness is
probably the most
important thing towards
being a champion.*

- Billie Jean King

*One who knows others is
wise. One who knows the
self is enlightened.*

- Lao Tzu