

# SELF-AWARENESS



THE ABILITY TO IDENTIFY, ARTICULATE, AND DEVELOP ONE'S VALUES, INTERESTS, SKILLS, STRENGTHS, KNOWLEDGE, AND EXPERIENCES RELEVANT TO PERSONAL GROWTH AND PROFESSIONAL SUCCESS.

## KEY BEHAVIORS

- **Showcase dependability** by consistently arriving on time, being prepared, and staying focused at work.
- Understand personal **strengths and weaknesses** and seek opportunities to build upon and develop them.
- Actively **request feedback**, and approach it with an open mind, using it as an opportunity for growth and improvement.
- Remain open to **adjusting your strategy** when new insights or perspectives are presented.
- **Reflect and learn** from mistakes, accept responsibility, and work to improve from the experience.
- Assess how your career path **aligns with personal values** and long-term objectives.

## HOW EMPLOYERS ASK

- Tell me about a time when you had to put in **more effort** on a project than you initially expected.
- Describe a time when you **made a mistake** and how you went about rectifying the situation.
- What **unique skills and abilities** do you feel make you qualified for this position?
- What motivates you to put forth your **greatest effort**?
- Guide me through yesterday (or last week) and tell me **how you planned** the day's (or week's) activities.

## WHERE TO BUILD IT...

- Student employment
- Professional internships
- Center for Academic Success
- Wellness activities
- Engaged Citizens program
- Class discussions
- Career assessments
- Mock interviews



## HOW TO TALK ABOUT IT

### Resume Bullet Examples

- **Adapted** personal communication style to meet the needs of each individual fifth grader on elementary basketball team.
- **Balanced** a full-time student course load with the requirements of being a Division 1 Student-Athlete, including team meetings, volunteer opportunities, practices, and team travel.
- **Sought out** opportunities to learn new skills during down times.
- **Recognized** mistakes and identified ways to address and rectify without oversight.
- **Created** a collaborative team environment for a year-long engineering capstone project by adapting communication styles to fit different team members.
- **Implemented** regular feedback cycles to ensure continuous improvement as lead project manager.