



"SELF-AWARENESS"

A key part of making the right career choice and career progression is knowing a person's personality traits. Understanding **the "I"** first helps the individual to be balanced and then successful in every area of their life.

"SELF-AWARENESS"

Self-awareness is the ability to be aware of your emotions, your strengths, your weaknesses, your motivations, your values and your goals as well as the ability to recognize their impact on others while using feelings of courage to guide their decisions. Self-awareness helps the individual:

- * Identify his or her goals in life and see to what extent he or she can achieve them
- * Identify the characteristics of his/her personality
- * To better understand the ways of thinking, reacting and behaving
- * Identify his/her abilities, interests and preferences
- * Identify personal and professional values and priorities
- * To understand and accept their fellow human beings

After all, we believe that people are not made for just one profession. People have a variety of traits that can be combined in different ways to fit into more than one profession, as long as they know their strengths and realize their wants. Self-awareness can help an individual to get to know themselves better in order to realise their potential, to seek and use information in order to organise and implement realistic plans to arrive at a sound educational or vocational decision or choice and to develop into a balanced, successful and happy adult person.

So orienting correctly means:

- * I know myself: who I am, where I do well, what I believe and what I want
- * I am looking for information
- * Planning my career
- * I set goals and come to decisions

The knowledge of "I" is directly related to the building of identity and self-confidence of individuals, as it helps them to see the truth hidden within themselves, to realize their potential and elements of their character and of course provides a framework of security, since the individual learns to set goals and is helped to discover the points in which they need to improve. Through the process of self-awareness, the individual carefully plans the steps to take to build their academic and professional future and thus feels more confident in their choices and decisions.

Self-awareness test

Dr Phil's self-awareness test is a test given by the Human Relations Dept to some of today's largest companies. It helps them to have

better internal knowledge concerning their employees and their future employees. The answers are about who you are now, not who you were in the past. Get a pen and paper to write down your answers to each sentence. Then add up your answers according to the instructions on the board.

1. Self-awareness test

Check the answer that represents you in each sentence.

1. When do you feel at best?

α) In the morning	
b) Between afternoon and early evening	
c) Late at night	

2. You usually walk...

α) Quite quickly, with big steps	
b) Quite quickly, in small steps	
c) Less quickly with head up, looking the world in the face	
d) Less quickly, with the head down	
e) Too late	

3. When you talk to people, you..

α) Stand with your elbows folded	
b) You've got your hands clapped together	
c) You have one or both hands on your hips or in your pockets	
d) Touching or pushing the person you are talking to	
e) Playing with your ears, rubbing your chin or doing your hair	

4. When you're relaxed you sit..

α) Walking freely side by side	
b) With legs crossed	
c) With the knees stretched and straight	
c) With the knees stretched and straight	

5. When something excites you, you react.

α) With a loud laugh	
b) With a laugh, but not loud	
c) With a quiet laugh	
d) With a silly laugh	

6. When you go to a party or an event you make your appearance...

α) With a grand entrance so that everyone notices you	
b) A quiet entrance, looking around for someone you know	
c) You enter quietly without making your presence felt	

7. When you're working or very focused, and you get interrupted...

a) You positively accept the break	
b) You get incredibly upset	
c) Both of the above situations	

8. Which of the following colours express you the most?

a) Red/orange	
b) Black	
c) Yellow/blue	
d) Green	
e) Dark blue/purple	
g) White	
η) Coffee/gray	

9. When you're in bed at night, in the last moments before you fall asleep, you lie down...

a) Spread upside down	
b) Stretched prone	
c) On your side slightly curled up	
d) With your head on your arm	
e) With your head under the covers	

10. You usually dream that...

a) You drop	
b) Arguing or shouting	
c) You are looking for something or someone	
d) Flying or floating	
e) You don't usually dream	
g) Your dreams are always pleasant	

To get your score, circle the number corresponding to each sentence according to your answer. Then transfer the same number to the "**Choice**" column, and add up.

	α	β	γ	δ	ϵ	ζ	η	Select
1.	2	4	6					
2.	6	4	7	2	1			
3.	4	2	5	7	6			
4.	4	6	2	1				
5.	6	4	3	5	2			
6.	6	4	2					
7.	6	2	4					
8.	6	7	5	4	3	2	1	
9.	7	6	4	2	1			
10.	4	2	3	5	6	1		
Total:								

Based on your overall score see which rating category you belong to.

2. Interpretation of Dr.Phil's self-awareness test results

a) 60 degrees

Others see you as someone who needs to "get along and take care of you." You come across as vain, self-centered and someone who is extremely dictatorial. Others may admire you, wishing they could be like you, but without ever being able to trust you while hesitating to have closer contact with you.

b) From 51 to 60 degrees

Others find you fascinating, highly volatile, and somewhat unyielding in personality. A natural leader, someone who makes quick decisions without always thinking about the right thing to do. They find you intense and adventurous, someone who will try anything? Someone who seizes opportunities and enjoys adventure. They are happy to be in your company because of the enthusiasm you exude.

c) From 41 to 50 degrees

Others find you fresh, lively, charming, exciting, practical and always interesting. Someone who is firmly in the spotlight, but balanced enough without you sitting on their necks. They often describe you

as polite, considerate and understanding. Someone who will always lift them up and help them.

d) From 31 to 40 degrees

Others see you as sensible, serious, careful and practical. They see you as intelligent, charismatic, or talented, but modest. Not a person who makes friends quickly or easily, but someone who is extremely loyal to friends you eventually make and expect them to do the same. A person who doesn't easily shake friendships, but is just as difficult to get back when a friendship is broken.

ε) From 21 to 30 degrees

Your friends think you're cautious and fussy. Diligent and moving slowly and steadily on some things. It would be a big surprise if you did something on impulse or on a spur of the moment, from any angle, and then decide on a follow-up. They believe this reaction is due to your suspicious and cautious nature expecting you to examine everything carefully.

f) Below 21 degrees

People think you are shy, nervous, and indecisive, someone who needs to be cared for, who always needs someone else to make the decisions, and who doesn't want to get involved with anyone or anything! They think you are narrow-minded because you see problems where there are none. Some people think you're boring. Only those who really know you know that you are not at all.