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Workbook For Social Workers provides personalized exercises that allow readers to address issues most relevant to them.

The Self-Awareness Workbook for Social Workers: Rothman

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Overview. Description. This workbook can be used in social work practice courses, and is particularly well-suited for use in courses that deal with ethnic-

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sensitive practice or practice with vulnerable and oppressed groups. The workbook enables students to explore their own issues and feelings around self-identity, difference, experiences with others, and negative beliefs and stereotypes about others.

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(1998-09-03)

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Page 9/26

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Number of pages

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The

Double-Spaced Point
Value 6 - 9 2 points
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importance of self-
awareness in Social
Work practice is
emphasized in
Standard 2. Self-
Awareness of the
NASW Standards for
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develop an
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own personal and
cultural values and

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WHAT TO LOOK FOR WHILE DEVELOPING SELF-AWARENESS

When you're self-aware, you know your goals. You understand what contributes to your happiness or sadness. You're deeply in touch with your values, beliefs, strengths, and weaknesses.

**DISCOVER YOUR
TRUE SELF -**

LoriLynn Smith

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Gratitude Journal (self-awareness, self-management) - This app helps you focus on the positive by identifying what you are thankful for each day. Kids Coping Skill Puzzle (self-management) - Build a puzzle while sorting between positive and negative coping skills.

100+ Free Social Emotional Learning Resources - The ...

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Another great resource is the self-awareness worksheet for kids, available on the understood.org website for learning and attention issues. The self-awareness worksheet has seven questions that can help a child to self-advocate. This worksheet can also be done with the child, to help them build an awareness of their strengths and

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weaknesses. 1.

17 Self-Awareness Activities and Exercises (+ Test)

Use the self-awareness worksheet for younger kids to help your child start to gain those important skills. It can be a guide to writing a back-to-school introduction letter to your child's teacher. It can also set the stage for having ongoing talks with your child

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The
about strengths,
challenges, and
progress throughout
the year.

Self-Awareness Worksheets for Kids - understood.org

The self-awareness
workbook for social
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published in 1998

Subjects Self-
perception, Social
service, Vocational
guidance, Social
workers, Psychology.

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Social Awareness For Teens Worksheets - Lesson Worksheets

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This social emotional worksheet guides students to reflect on moments over the past week where they were their very best selves, whether at home, school, or out in their communities. They will then fill in the "best self" timeline and draw a picture of one of those moments.

My 'Best Self' Timeline | Worksheet |

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Education.com

Why We Lack Self-

Awareness. Self-
awareness is the

foundation for
emotional intelligence,
self-leadership, and
mature adulthood.

With it, we can grow
and develop. Without
it, we are like a leaf
riding a wind current.

Self-awareness is a
skill. In any skill,
learning goes through
four primary stages.

The first stage is

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unconscious
incompetence ...

The **15 Self Awareness Activities and Exercises to Build ...**

Use this paper fortune teller craft to teach about social emotional learning and social-awareness skills.

Topics include respect, social skills, empathy, and diversity. Kids and young adults will choose from a list of over 50 questions and

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write those in their
fortune teller. Then,
they will color,

Social Awareness Worksheets | Teachers Pay Teachers

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Recovery. Displaying
all worksheets related
to - Awareness In
Recovery. Worksheets
are Asi mv work
handouts, Manage
stress workbook
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handouts, The
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program, Self
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