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**Reflection Paper on Self-Awareness**

Duval and Wicklund (1972) first theorized about self-awareness, where they distinguished between subjective and objective self-awareness. Self-awareness provides an understanding of sensations, emotions, feelings, thoughts, and how we interact with others. This theory explained that if people concentrated their attention inwardly on themselves, then they would tend to compare their recent behavior to their general standards and values. Doing so enables one to pay attention to oneself and consciously know their attitudes and dispositions.

Knowing ourselves enables us to be more confident and creative and build stronger relationships. It enables us to communicate better and be more efficient at what we do. Self-awareness can be categorized as either internal self-awareness or external self-awareness. Internal self-awareness is how we recognize and manage our values, thoughts, and emotions. On the other hand, external self-awareness is how we are aware of how others see us, thus enabling us to adjust and meet external expectations. Through external self-awareness, we are more likely to adhere to social norms and behave in a socially acceptable way.

I have become more knowledgeable about my feelings, thoughts, and behavior by taking the self-awareness test. This evaluation increased my curiosity about how to react and feel about situations. I have always been tensed up when preparing for a meeting or when meeting people for the first time. The evaluation enabled me to understand that it is only one of the few traits that I possess due to my introverted nature. By overthinking what is next, my anxiety levels increase, leading to poor performance. By learning that I am an introvert, who overthinks situations, I can learn how to prepare for meetings in advance, develop ways to handle any slight instances that make me uncomfortable, and thus be able to communicate better. Therefore, by being self-conscious about this, my next step would be to try and be more open-minded about handling such situations.

It is human nature to always retreat to our comfort zones and avoid feelings that bring discomfort. Through the self-awareness evaluation, I understood that there is a comparative scale of the other feeling. For instance, you can either be a judging or a prospective person. Judging individuals are usually decisive, thorough, and highly organized. They value clarity, predictability, and closure and avoid spontaneity. The confidence and decisive nature of judging people can be misinterpreted as being bossy and angry. Therefore, by understanding this trait, one can communicate better and understand the perspective of others as well. The evaluation generally taught that becoming uncomfortable creates openings for growth, learning, creativity, and innovation and increases our chances of developing better relationships.

**References**

Duval, S., & Wicklund, R. A. (1972). A theory of objective self-awareness.