









# Self-Awareness Activity

Consider and Rate the Following	 This is a strength of mine	 I am working on this	 I struggle with this
 Reading			
Listening 			
 Watching Videos			
Discussing 			
 Writing			
Creating, Designing, or Building 			
 Presenting			
Taking Quizzes or Tests 			
 Working Alone			
Working with a Partner 			
 Working in a Group			
Working when Quiet 			
 Working when Noisy			
Working at a Desk or Table 