

## FOSTERING SELF-AWARENESS AMONG STUDENTS

*by:*

**Rona D. Mole**

*Sisiman Elementary School*

It is very apparent that education must be a tool and avenue for empowering people when we look back on education's past while reconsidering its current objectives. It has to give them the opportunity to consider brand-new, superior concepts. Thus, it is crucial to comprehend how culture, society, and other social forces affect how the self develops. The idea of self-awareness is used to explain one's capacity to consider, express, and characterize feelings, thoughts, and/or behaviors. Additionally, it is an overarching idea that encompasses a variety of sub-ideas about self.

Given the foregoing, educators must design lessons that will help students grow in self-awareness through a range of situations. But to do that, they must learn more about and understand the field of self-awareness. Their comprehension enabled them to maintain a more positive classroom environment and atmosphere and increase their students' internal motivation. The emphasis placed by teachers on their students' learning and knowledge expression does not have to come at the expense of their ability to become aware of their own cognitive and emotional development. In order to improve both their own and their students' awareness, teachers may find it useful to exploit the linkages between self-awareness growth and mediation when organizing and carrying out all learning activities.

Considering that life experiences are a chief and crucial part of growing one's self-awareness, educators should be pushed to place more emphasis on this every day. Teachers should gain a thorough understanding of various teaching principles and theories and search for connections between them and the field of self-awareness. In

addition to that, teachers learned how to better understand their own teaching, and students learned how to utilize the right vocabulary to describe what they were aware of.

As a final note, it is emphasized that teachers may best guide their pupils through the process of understanding what they experience by being more knowledgeable about the growth of self-awareness and the ways in which children express it. Teachers, above all, must use their strong influence on pupils carefully since they cannot avoid having it and that influence should always be for the betterment of their pupils.

*References:*

Flavian H and Kass E (2015) Giving students a voice: Perceptions of the pedagogical advisory role in a teacher-training program. *Mentoring and Tutoring: Partnership in Learning* 23(1): 37-53.

Georges J (2015) Out of school, and out of mind? An expectancy-value analysis of adult learners' motivation. *Journal of Cognitive Education and Psychology* 14(2): 263-264