

## VOCABULARY SELF-AWARENESS

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**Directions:** Consider the terms below.

- If it is new to you, write the date in the Level 1 column.
- If you have heard the word before but are not sure that you can use it in a sentence or define it, write the date in the Level 2 column.
- If this word is very familiar to you and you can define it and use it in a sentence, write the date in the Level 3 column.

Update your understanding of the terms as you engage in this module and in your work. Note that there are spaces for you to add terms that are new to you.

WORD	LEVEL 1	LEVEL 2	LEVEL 3	SENTENCE	DEFINITION
Emotional regulation					
Up-regulation					
Down-regulation					
Emotional intelligence					
Self-awareness					
Self-management					

*(Continued)*

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WORD	LEVEL 1	LEVEL 2	LEVEL 3	SENTENCE	DEFINITION
Identifying emotions					
Self-control					
Diffusion of innovation					

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 Level 1 = This word is new to me.

Level 2 = I have heard this word before.

Level 3 = I know the definition and I can use it in a sentence!

**CASEL Connections for educators, students, and schools in this module:**

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Identifying emotions	Emotional regulation Up-regulation Down-regulation Self-control	Emotional intelligence Recognition of others' emotions		Diffusion of innovation

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