

## 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
Efficacy					
Locus of control					
Mastery experiences					
Imaginal experiences					
Confidence					
Help-seeking					
Learning pit					

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WORD	LEVEL 1	LEVEL 2	LEVEL 3	SENTENCE	DEFINITION
Self-assessment					
Collective efficacy					
Safe practice					

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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
Self-efficacy	Locus of control		Collective efficacy	Collective efficacy
Mastery experiences	Self-efficacy			Safe practice
Confidence	Goal setting			
Learning pit				

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