

# POST-TEST

## MODULE 2

### BECOMING MY BEST SELF: SELF-AWARENESS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Center: \_\_\_\_\_

Instruction: Please circle one answer only.

1. Which of the following is a function of self-awareness?

- I. Self-evaluation
  - II. Self-regulation
  - III. Inferences about others' perspectives, beliefs and values
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- A. I only
  - B. I and II only
  - C. I, II, and III
  - D. None of the above

2. Which of the following strategies can be used to promote self-awareness?

- A. Self-reflection
- B. Journaling
- C. Mind body connection
- D. All of the above

3. Information about yourself that you do not know but others do, can be found in which area of the Johari Window?

- A. Open
- B. Blind
- C. Hidden
- D. Unknown

4. The Open Area in the Johari Window represents the things about yourself that you and others are not aware of.

- A. True
- B. False

5. Which level of consciousness in the Iceberg Theory describes mental thoughts, perceptions, and processes that we are aware of?

- A. Conscious
- B. Subconscious
- C. Unconscious
- D. None of the above.