

# SELF-AWARENESS: A BOOST FOR OURSELVES & OUR STUDENTS

## RESOURCE HANDOUT

### Videos:

- Brené Brown: Things You Need to Start Living Bravely: <https://www.youtube.com/watch?v=bEd6evmiRDI>
- Legally Blonde Clip: <https://www.youtube.com/watch?v=WIGz4I56Lc8>
- Joey in Restaurant: <https://youtu.be/y3qJUIUsMtw>
- Tasha Eurich TED Talk: Increase your self-awareness with one simple fix [https://www.ted.com/talks/tasha\\_eurich\\_increase\\_your\\_self\\_awareness\\_with\\_one\\_simple\\_fix?language=en](https://www.ted.com/talks/tasha_eurich_increase_your_self_awareness_with_one_simple_fix?language=en)

### Books/Websites:

- Dare to Lead List of Values: <https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>
- Holland RIASEC Model – Realistic, Investigative, Artistic, Social, Enterprising, and Conventional – Personality Test to determine career <https://openpsychometrics.org/tests/RIASEC/> or <http://www.self-directed-search.com/How-Does-It-Work/RIASEC-Theory>
- Personality Tests: [www.Crystalknows.com](http://www.Crystalknows.com) (free assessments; DISC, Big Five and more)
- (Book) *Insight: The Surprising Truth About How Others See Us, How We See Ourselves, and Why the Answers Matter More Than We Think* by Tasha Eurich

### For access to handouts mentioned in the webinar go to:

- New Jersey State Bar Foundation SEL Webinars and Online Content page: <https://njsbf.org/school-based-programs/njsbf-webinars-and-online-content/>