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Self and Social Awareness

Self awareness is being true of who you are and knowing your values, beliefs, and preferences it also means being confident in yourself. We are all born into a certain race, class, and even religion we did not chose to be born or chose to be born a certain way. When we are born we are given certain identities and social norms to expected to follow.

Unconsciously you grow up doing what is socially normal to do for your gender and culture you are born into. That is how we are raised and if one does not follow the “norm” you are perhaps labeled, judge and looked at differently among other ideas. Unfortunately due to social norms which constrict the human, we think we have to be a certain way and act a certain way. It is important to distinguish the social norms we are expected to follow and to be able to find our own self awareness.

As we grow older we get start to think about our values and our true identities that describe us. Just like the article Cycle of Socialization states “Once we begin to attend school, go to a place of worship, visit medical facility, play on a sports team, work with a social worker services or products from a business, or learn about lead and the legal system, our socialization sources are rapidly multiplied based on how many institution with which we have contact.” We start to build our identities based on the activities and the life we live. The social identity we chose is based on our life and everything that revolves us our self awareness is what makes us feel confident and happy.

Before developing social awareness I think it is important to develop self awareness. Self awareness is learning about who you are. It is important to learn about yourself and question how you feel about things so that you get a better understanding of who you are and why you think the way you do. It is also important to develop social awareness so that you can be sure of how you feel and be able to be mature enough to talk to others about opposing views or opinions. It is important to build self awareness so that you can understand people’s reactions to what they are doing. By becoming self aware and understanding your strengths and your ways of thinking you can be more true to yourself and to others.

Social awareness is the ability to understand and respond to the needs of others. It is understanding the way other people feel, having empathy, and understanding the concerns and needs of others. Being socially aware for me means reacting differently to certain situations and modifying my interactions with others so that I can best interact with respect towards others and try and understand them.

To be socially aware you must be constantly be thinking and realizing when someone is triggered by a certain topic and realize that you are not able to change their behavior, you can

change your own. As Leary mentions in *The Curse of the Self: Self-Awareness, Egotism, and the Quality of Human Life*, “in every conscious decision, the individual tries to imagine the likely consequences of different possible lines of action.” We are capable of imagining the outcome of our words and we decide and think thoroughly about the possibilities of what could happen based on our words or actions.

Developing self and social awareness is important in all aspects of life including your profession. There will be many people in your profession that do not necessarily agree or think the same way you do but it is important to be sure of your own values and respect their opinion. In order to be an effective leader at work you must be confident in yourself and your values and also be considerate and socially aware of the cultures and different opinions that surround you. Breaking the different stigmas that one has unconsciously created can be more than challenging to achieve. As read in *Social Roots of Self-Consciousness*, much of our behavior may be voluntary at the start. Since a young age we organize our behavior in means-ends structure and indicate an awareness of relations between means and ends.

One of the biggest ways in which I have tried to reach a high sense of social awareness is to first observe and try to manipulating the different ideas and things I hear from regardless if they are positive or negative. As mentioned in, *The Curse of the Self: Self-Awareness, Egotism, and the Quality of Human*, “we can possess the ability to imagine what may happen, we can make decision to avoid problems or take advantage of opportunities. We have the possibility to understand what happens. The difficult thing to do is to visualize without creating biases or judgments towards others. We possess distinct mental systems that make decision and process information, “one is conscious and controlled, and involves deliberately thinking about what we are doing, while the other is nonconscious and automatic, and does not involve conscious thought. We move back and forth between these modes frequently, rapidly, and usually without effort” (Leary, 6). The idea of how we think is mindblowing and how we humans tend to do things without realizing what we really do.

Reading *The Cycle of Liberation* and *The Cycle of Socialization* was extremely helpful beyond the information it contained, a big component as to why it was extremely helpful was because of the visual representation that one has the opportunity to see. The graph allows one to be able to interpret but also to teach others on a step by step. Many times when having to explain concept or ideas people do not fully understand. For me a big part of learning is being able to visualize. One of life goals has been to help and educate others what better way than helping them by showing them a simpler form.

As mentioned before we are born into the world without choosing who we want to be, much less picking what religion, sexual orientation or any of those concepts. We come to life with no choice on our part. No one asks us what is it we want, we have no true say for a large part of our youth years. Understanding our social and self awareness can help us and those around us, it can help us by understanding our own self awareness and being socially aware of the people around us and their beliefs. Being socially aware of our surroundings can help us

greatly in life by helping us understand others better and boosting our own self confidence. You are not born being socially aware, it is something we acquire with life and we continue to always learn.