



Social and Emotional Development, Growth and Care

Social and emotional development, growth and care is a lifelong process, especially important during college and early career. This module will look at this topic through Self-Awareness, Self-Care and Mindfulness. This module is intended to be used each month in connection with the other modules to help the mentee recognize where they are in this life long process and how best to talk about it and embrace change, both planned and unexpected. This is a broad topic that can be broken down as needed.

LESSON / TOPIC COVERED

Self-Awareness is conscious knowledge of one's own character, feelings, motives, and desires.

- Personal values assessment, long view of current time plus 5, 10, years and beyond
- Look at ourselves from the 35,000 foot level to see where we are and what part we play in learning to PIVOT to handle changing plans and opportunities and external events
- Evaluate opportunities and how they impact time management. Pros and cons of value versus cost. Do you have a board of directors who can help you with positive feedback and honest criticism that you trust?
- Etc.

Self-Care is the practice of taking an active role in protecting one's own health, well-being and happiness, in particular during periods of stress.

- Eat right, sleep right and exercise.
- Time management
- Family and social connections
- Etc.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

- Current short term views, reevaluating goals during pandemic, living back at home and impact on family dynamics, how geography impacts Buckeye Nation
- Diversity, Equity and Inclusion as it applies at home, in your community and in the workplace (current news topic)
- Foreign students, being one and welcoming others. (current news topic) How you travel and what you hope and expect to accomplish.
- How to evaluate opportunities and how they impact time management. Pros and cons of value versus cost. Do you have a board of



directors who can help you with positive feedback and honest criticism that you trust.

- Living well in the moment, being present. Not getting ahead of yourself and missing out.
- Etc.

Mentee Objective covered –

Encourage the mentee to note social and emotional changes in their lives past and present reviewing highs and lows and how they were brought on and the impact they had on where they are today.

Goals / Objectives of this Lesson

Ongoing open discussion between mentor and mentee to be visited monthly. Establish good behavior patterns to recognize current state of well-being and develop coping skills and good day to day habits.

Sources

1. Beresin M.D., M.A, Eugene, “11 Self-Care Tips for Teens and Young Adults” Psychology Today, web 12 December 2019, <https://www.psychologytoday.com/us/blog/inside-out-outside-in/201912/11-self-care-tips-teens-and-young-adults>
2. Riopel, MSc, Leslie, “17 Self-Awareness Activities and Exercises (+Test)” PositivePsychology.com, web 16 October 2020 <https://positivepsychology.com/self-awareness-exercises-activities-test/>
3. Chatterjee, Sneha; Dr. Jethwani, Jaya, “A study of The Relationship between Mindful Self-Care and Subjective Well-Being among College Students and Working Professionals” IJIRT | Volume 7 Issue 2 | SSN: 2349-6002 <https://www.catherinecookcotton.com/wp-content/uploads/2020/08/Midnful-Self-Care-and-Subjective-Wellbeing-2020-Chatterjee-Jethwani.pdf>
4. Barrington, Lisa, “Everyone Needs a Personal Board of Directors” Forbes Coaches Council, web 20 February 2020 <https://www.forbes.com/sites/forbescoachescouncil/2018/02/20/everyone-needs-a-personal-board-of-directors/?sh=5167d54b2bbc>



Lesson Notes

Discussions each month should focus on where you have been in the past month since your last conversations, where you are today and where you are going in the next month and beyond. Above sources offer talking points that can be broken down to small topics to address monthly.

Post Lesson and Pre-Lesson Assignments

Continue what is working well and evaluate if something better might work and what that might be and how to incorporate it into your life.

Lesson(s) Learned Feedback

Include any lessons learned from this module.