



## Social and Emotional Development, Growth and Care

✔ Written and reviewed by Seasoned Match Mentors

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 lifelong 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.

### 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.

### Goals / Objectives of this Module

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.

### LESSON / MODULE TOPIC COVERED

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

- Personal values assessment considers 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, 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 body 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



- International students, being one and welcoming others. 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.

### 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. The above sources offer talking points that can be broken down into 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. Determine how to best incorporate solution into your life.

### SOURCES

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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.catherincookcottone.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>

