**Unit 2 Notes**

**Self-Awareness**

* Being self aware also means that you understand your personality, your strengths and weaknesses, emotional development, learning styles etc.

**Values**

* Values are what people believe are important or worthwhile.

**Attitudes**

* The beliefs and feelings that cause a person to behave in a certain way
* It refers to the positive, negative, or neutral feelings a person holds about relationships and life experiences.

**Beliefs**

* Refers to one’s expectations about what is real. Something believed or accepted as true.

**Interests**

* Activities and experiences that motivate people and provide enjoyment.
* An area of personal enjoyment, curiosity and ability.

**Skills**

* Refers to the capacities to perform a task.
* Skills which can be acquired or improved with experience, practice and training.

**Aptitudes**

* Natural talents or abilities
* An aptitude is an inner characteristic that a person may possess that allows him or her to develop a skill to a higher level

**Personality**

* The outward sign of your inner self. It is the total result of your attitudes, environment, and way of looking at life