

## Unit 3. Building Personal Growth

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### Course Introduction:

Participants will learn and reflect on their lives to develop awareness about self and others. They will examine their identities, self-esteem, values, strengths and weaknesses. Participants will also learn how to keep motivated and will enhance their communications skills. Additionally, participants will write their personal mission, vision and goals. Finally, they will learn about group dynamics, tolerance and prejudice. This program activity is designed to develop students' understanding of the conflict cycle, words, gestures, and behavior that promotes collaboration or diminish conflict. Peer mediation, effective communication, active listening and non-verbal communication are among the skills that are practiced. Course Description:

### Goal:

Participants will develop knowledge of self and others in order to prepare for effective leadership through the exposure to a series of activities that promote healthy self-esteem, identity and cultural awareness, and development of thinking, communication, planning and organizing skills.

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**URL de origen:** <http://www.aspira.org/es/unit-3-building-personal-growth>

### Enlaces:

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[2] <http://www.aspira.org/files/Unit%203%20Personal%20Growth%20%20version%202.pdf>