



Techniques For Effective Teaching

Leader's Guide
EM 4226 September 1978

Understanding Ourselves and Others A Positive View of Self

Introduction

All of us try to understand the behavior of other people, but such understanding is particularly important for those in leadership roles—the Extension Homemaker volunteer leader, the teacher or Extension Agent, the Extension Homemaker—in fact, all who work with people in group situations—can benefit by having a better understanding of why people do what they do. One means of gaining the ability to understand others is to gain an understanding of oneself. An individual's view of himself in relation to the big six departments of life influences what he does and how he thinks.

Objectives

- To help participants sharpen their insight into their own behavior and its effect on others.
- To stimulate learners to have a positive attitude for each of the six big departments of life.
- To help each person have a more positive image of herself.

Materials Needed to Teach the Lesson

Flannelgraphs:

Big Six Departments of Life
Maslow's Hierarchy of Human Needs
Bill's ++, -+, +- Persons

Handouts:

EM 4229 Checklist to Analyze the Quality of Your Personal Relationships
EM 4227 Understanding Ourselves and Others—Your Attitudes in Action
EM 4228 Thirteen Ways to Keep Enthusiastic
Daily Dozen Self-Starters to Self-Confidence
The Creative Teacher
Thinking:

Reference Materials

Combs, Arthur W., and Snygg, Donald, *Individual Behavior*. Rev. ed. Harper, New York, N.Y., 1959.

Gagne, R. M., *The Conditions of Learning*. Holt, Rinehart and Winston, New York, 1965.

Ingalls, J. D., and Arceri, J. M., *A Trainers Guide to Andragogy*. Social and Rehabilitation Service, USDHEW (SRS 72-05301), Washington, D.C., Govt. Printing Office, 1972.

Knowles, Malcom, *The Adult Learner: A Neglected Species*. Gulf Publishing Co., Houston, Texas, 1973.

Maslow, A. H., *Motivation and Personality*. Harper and Row, New York, 1970.

Powers, Ronald D., *Understanding Ourselves and Others. A Key to Effective Group Development and Action*. NCR Extension Publication No. 29, Iowa State University Cooperative Extension Service, November, 1975.

Perceiving, Behaving, Becoming: A New Focus for Education. ASCD Yearbook, Washington, D.C., 1962.

Prepared by Lester N. Liebel, Extension Rural Development Coordinator

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References

Maslow's Hierarchy of Human Needs
Maslow's 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

Handouts

- EM 4226 Checklist to Analyze the Quality of Your Personal Relationships
- EM 4227 Understanding Ourselves and Others—Your Attitudes in Action
- EM 4228 Thirteen Ways to Keep Enthusiasm
- Early Home Self-Starters to Self-Confidence
- The Creative Teacher

Thinking

Reference Materials

- Combs, Arthur W., and Sybil, Donald, *Individual Behavior*. Rev. ed. Harper, New York, N.Y., 1959.
- Cogan, H. M., *The Conditions of Learning*. Holt, Rinehart and Winston, New York, 1963.
- Frankel, J. D., and Aron, J. M., *A Trainer's Guide to Analyzing Social and Rehabilitation Services*. URBAN (SRS 73-02301), Washington, D.C., Govt. Printing Office, 1972.
- Knowles, Malcolm, *The Adult Learner: A Neglected Species*. Gulf Publishing Co., Houston, Texas, 1973.