



5.1 Understanding Self and Others — Overview

Purpose

This section provides a knowledge base for the mentees to better understand themselves and others as they grow in their role as a nurse.

Perspective

Increased self-awareness for the mentees depends on many variables, including past experiences, their generation, personal opinions and background. Information about emotional intelligence, personality types, learning domains/styles and generational differences can help mentees in their process of becoming all they are meant to be and in understanding others. Improving self-awareness is a positive and on-going experience.

Preparation

Consider what you currently know and how you relate to your mentee. Do you feel that your mentee has good self-perception? A positive connection between you and your mentee may have a significant effect on your mentee's willingness to do self-examination and how he or she relates to others. If your mentee feels comfortable with self-understanding, then you may want to focus on helping your mentee to understand others, particularly those who seem different.

Tools

- Understanding Self and Others — Discussion Starters
- Choosing Your Attitude Activity ★
- Self-Awareness Discussion ★
- Definition of Learning Domains
- Definition of Learning Styles Handout ★
- Learning Styles Inventory: What Type of Learner Are You? ★
- Generational Traits Handout and Discussion ★
- Understanding Self and Others References

Pointers

- ▶ Consider how you have increased your self-awareness on a personal and professional basis and how this felt. Share an example of this with your mentee.
- ▶ Think about where your mentee is at this point in his or her life and career. Validate these thoughts with your mentee.
- ▶ Review your mentee's goals and how increased awareness of self and others may help him or her accomplish these goals.

★ *designates handouts and tools intended for the mentee*