





Sample Sentence Starters to Support Self-Awareness

Aspect of Self-Awareness	Sentence starters to use
<p>Recognize strengths</p> 	<ul style="list-style-type: none"> • I am already good at _____. • I know how to _____.
<p>Recognize limitations</p> 	<ul style="list-style-type: none"> • I would like to get better at _____. • It is hard for me to _____.
<p>Identifying personal, cultural, and linguistic assets</p> 	<ul style="list-style-type: none"> • I can _____. • I understand _____. • It is easy for me to _____. • In my family we _____. • This reminds me of _____. • In my country we _____. • When I think/read/write in (<i>home language</i>) I can _____. • I can connect this to _____ in (<i>home language</i>). • I can use (<i>home language</i>) to help _____.
<p>Identifying emotions</p> 	<ul style="list-style-type: none"> • I feel _____ when _____. • Looking at this (<i>math problem, reading passage, writing assignment</i>) I feel _____. • I know I am _____ because _____.