



# Understanding Your Behavior

**Goal:** This exercise not only reinforces self-awareness of unique strengths and skills, but how to listen and understand the strengths, skills, and styles of others.

**Materials:**

Room, circle of chairs, [Indigo Report](#), pencil and paper.



**Step 1:** Divide students into pairs. Have students read their partner's [About You](#) page from the [Indigo Report](#). Have them star things they think are accurate about the other person.

**Step 2:** Swap reports back, and have students star things that stand out on their individual report. Give students time to talk about why they starred the things that they did on each report.

**Step 3:** Ask the following questions:

- How did it feel to hear about yourself?
- Were there any similarities between you and your partner?
- How can you better use your style at home and school?

**Example:** *Jack discovers that what stuck out most to his partner about him is “likes to win through persistence.” He thinks about how he could apply that mentality toward the college environment.*

**TIP:** Emphasize to the students that this exercise is about highlighting strengths, not weaknesses.

## RAMP (ASCA) Mindset & Behaviors addressed and developed:

**Academic:** *Results Orientation; Communication; Collaboration; Social Maturity.*

**Social/Emotional:** *Building Positive Peer Relationships; Self Confidence; Sense of Belonging; Empathy.*