

Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries



Entrepreneurial Mindset and Key Skills for All

ENTRECOMP CURRICULUM

2.1 SELF-AWARENESS AND SELF-EFFICACY

TASK ID AND TITLE 2.2: JOINT DEVELOPMENT OF THE CURRICULA AND TRAINING MATERIALS FOR ENTRECOMP

PARTNER RESPONSIBLE FOR THIS ACTIVITY: MMC MEDITERRANEAN MANAGEMENT CENTER



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TRAINING CURRICULUM FOR COMPETENCE: SELF-AWARENESS AND SELF-EFFICACY

Aim of the workshop

This workshop aims at familiarising learners with the concepts of 'self-awareness' and 'self-efficacy'. It begins with an introduction to these concepts, it explains the interplay between them and their connection with leadership and entrepreneurship, and it provides advice on how to improve self-awareness and self-efficacy to be able to reflect on own needs, wants, interests, and aspirations. In order to better understand the concepts, the learners assess their self-awareness by completing a self-awareness test and utilise the General Self-efficacy Scale to evaluate their self-efficacy. Subsequently, they have the opportunity to put self-awareness and self-efficacy into action through familiarisation with the concepts of 'mindfulness' and 'visualisation', and through implementing a series of individual and group activities that allow them to utilise and practise self-awareness and self-efficacy. Finally, they are asked to formulate their personal manifesto based on their self-awareness and self-efficacy, thereby shaping a clear direction, priorities, and goals, and they realise that manifesting self-awareness is one of the key traits of leading others and even be seen as a role model.

Learning outcomes

After the end of the workshop, the participants will be in a position to:

In terms of knowledge:

*Define self-awareness and self-efficacy, and explain the interplay between the two.
Describe the role of self-awareness in leadership and in inspiring others, and the role of self-efficacy in developing an entrepreneurial mindset.*

In terms of skills:

*Identify and assess one's own values, strengths, and weaknesses through different self-assessment activities and tools.
Analyse one's own needs, wants, interests, and aspirations to become more self-aware and self-efficient.*

In terms of competences:

Think and act towards a clear direction, priorities and goals using a personal manifesto (statement) created for one's own life based on their self-awareness and self-efficacy.



Training methodology

- Synchronous Online Learning
- Self-Directed Learning

Prerequisites

- Beginner level
- Specific skills required
- Previous workshops required

If the workshop requires specific skills or participation in previous workshops, please explain:

N/A

SYNCHRONOUS ONLINE LEARNING

Workshop duration

6 hours.

Training techniques

- Lecture (compulsory)
- Individual Exercise
- Group Exercise
- Role play
- Experiential Workshop
- Group Discussion
- Brainstorming
- Case Study
- Questions and Answers (multiple-choice and open-ended questions)
- Other (Please indicate) _____



Necessary equipment and materials

Equipment:

- ✓ Laptop/PC

Materials:

- ✓ PowerPoint presentation
- ✓ Activity Worksheets
- ✓ Paper sheets
- ✓ Pens

Workshop programme breakdown

No.	Theme/Content		Workload in minutes
1	Introduction to Self-awareness and Self-efficacy		25 minutes
	Structure	Training Technique/Code of Methodological Tool	
	<ul style="list-style-type: none"> • Self-awareness – Self-efficacy • What Do you Think ‘Self-awareness’ Is? • How Do you Think ‘Self-Awareness’ Relates to ‘Self-efficacy’? • What I Can and what I Cannot Do 	Lecture: Introduction to Self-awareness and self-efficacy/PPT2.1_1 Questions and answers: Open-ended questions	
2	The Interplay between Self-awareness and Self-efficacy		140 minutes
	Structure	Training Technique/Code of Methodological Tool	
	<ul style="list-style-type: none"> • Self-awareness: The Starting Point 	Lecture: The Interplay between Self-awareness and Self-efficacy/PPT2.1_1	

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ENTRECOMP Curriculum 2.1

Task 2.2



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	<ul style="list-style-type: none"> - What is Self-awareness? - Self-awareness and Emotional Intelligence - Internal and External Self-awareness - Self-awareness and Leadership - Why is it Hard to be Self-aware? - 5 Ways to Cultivate Self-awareness • Self-efficacy: Self-awareness and a Step Forward - What is Self-efficacy? - Albert Bandura’s Model of Self-efficacy - Self-efficacy and Entrepreneurship - Tools to Measure Self-efficacy - General Efficacy Scale (GES) - Tips to Improve Self-efficacy • The Interplay between Self-awareness and Self-efficacy 	<p>Individual exercise: Are you Self-aware?/MT2.1_2</p> <p>Video Projection and Analysis: The Riddle of Experience vs. Memory/MT2.1_3</p> <p>Individual exercise: What is your Level of Self-efficacy?/MT2.1_4</p> <p>Group Discussion: Questions for Self-reflection/MT2.1_5</p>	
3	Self-awareness and Self-efficacy in Action		95 minutes
	Structure	Training Technique/Code of Methodological Tool	
	<ul style="list-style-type: none"> • Techniques to Boost Self-Awareness and Self-efficacy - What is Mindfulness? - Practise Mindfulness! - What is Visualisation? - Practise Visualisation! • Practising Self-awareness and Self-efficacy - Activities for Practice 	<p>Lecture: Self-awareness and Self-efficacy in Action/PPT2.1_1</p> <p>Individual Exercise: Activities for Practising Self-awareness and Self-efficacy – The Freedom Diagram, Changing Self-talk, Record Your ABCs, Ask the ‘Three Whys’/MT2.1_6</p>	



		Group Exercise: Activities for Practising Self-awareness and Self-efficacy – Wheel of Life, Right Here, Right Now!/MT2.1_7	
4	Manifesting Self-awareness and Self-efficacy		80 minutes
	Structure	Training Technique/Code of Methodological Tool	
	<ul style="list-style-type: none"> Self-awareness and Personal Manifesto Self-awareness as One of the Key Traits of Role Modelling 	Lecture: Manifesting Self-awareness and Self-efficacy/PPT2.1_1 Individual exercise: My Personal Manifesto/MT2.1_8 Video Projection and Analysis: Michael Scott's Total Lack of Self Awareness, The Office US/MT2.1_9	
5	Revision		20 minutes
	Structure	Training Technique/Code of Methodological Tool	
	<ul style="list-style-type: none"> Revision Points 	Lecture: Revision/ PPT2.1_1	

List of methodological tools

No.	Training Technique	Code of Methodological Tool
1	Lecture	PPT2.1_1
2	Individual Exercise	MT2.1_2
3	Video Projection and Analysis	MT2.1_3
4	Individual Exercise	MT2.1_4
5	Group Discussion	MT2.1_5
6	Individual Exercise	MT2.1_6
7	Group Exercise	MT2.1_7
8	Individual Exercise	MT2.1_8
9	Video Projection and Analysis	MT2.1_9

SELF-DIRECTED LEARNING

Resources

No.	Resource Title	Attachment (if applicable)
1	Bandura, a. (1986). Social foundations of thought and action: A social cognitive theory. Englewood cliffs, NJ: prentice-hall.	
2	Bandura, a. (1991a). Self-efficacy mechanism in physiological activation and health-promoting behaviour. In J. Madden, IV (ed.), Neurobiology of learning, emotion and affect (pp. 229- 270). New york: raven.	
3	Bandura, a. (1991b). Self-regulation of motivation through anticipatory and self-regulatory mechanisms. In R. A. Dienstbier (ed.), Perspectives on motivation: nebraska symposium on motivation (vol. 38, pp. 69-164). Lincoln: university of nebraska press.	
4	Bandura, A. (1994). Self-efficacy. In V. S. Ramachaudran (ed.), Encyclopedia of human behavior (vol. 4, pp. 71-81). New York: Academic press. (Reprinted in H. Friedman [ed.], Encyclopedia of mental health. San Diego: Academic press, 1998).	
5	Buckley, T. R., & Foldy, E. G. (2010). A Pedagogical Model for Increasing Race-Related Multicultural Counseling Competency 1ψ7. <i>The Counseling Psychologist</i> , 38(5), 691–713. https://doi.org/10.1177/0011000009360917	https://doi.org/10.1177/0011000009360917
6	Duval, S., & Wicklund, R. A. (1972). <i>A theory of objective self awareness</i> . Academic Press.	
7	Goleman, D. (1995). <i>Emotional intelligence</i> . Bantam Books, Inc.	
8	Jiaying Huo (2023). Vocational-technical teachers' mindfulness: Does it matter for teachers' well-being and motivation? <i>Heliyon</i> 9(6), e17184, 2405-8440. https://doi.org/10.1016/j.heliyon.2023.e17184	https://doi.org/10.1016/j.heliyon.2023.e17184
9	Lent, r. W., & Hackett, G. (1987). Career self-efficacy: empirical status and future directions. <i>Journal of vocational behaviour</i> , 30, 347-382.	

10	Maddux, j. E., & Stanley, M. A. (Eds.) (1986). Special issue on self-efficacy theory. <i>Journal of social and clinical psychology</i> , 4 (whole no.3).	
11	Pajares, F., & Schunk, D. H. (2001). Self-beliefs and school success: Self-efficacy, self-concept, and and school achievement. In R. J. Riding & S. G. Rayner (Eds.), <i>Self perception</i> (pp. 239–265). Ablex Publishing.	
12	Schunk, d. H. (1989). Self-efficacy and cognitive skill learning. In C. Ames & R. Ames (eds.), <i>Research on motivation in education. Vol. 3: goals and cognitions</i> (pp. 13-44). San diego: academic press.	
13	Schwarzer, R., & Jerusalem, M. (1995). <i>General Self-Efficacy Scale (GSE)</i> [Database record]. APA PsycTests. https://doi.org/10.1037/t00393-000	https://doi.org/10.1037/t00393-000
14	Schwarzer, r. (Ed.). (1992). <i>Self-efficacy: thought control of action</i> . Washington, DC: hemisphere.	
15	Sutton A. (2016). Measuring the Effects of Self-Awareness: Construction of the Self-Awareness Outcomes Questionnaire. <i>Europe's journal of psychology</i> , 12(4), 645–658. https://doi.org/10.5964/ejop.v12i4.1178	https://doi.org/10.5964/ejop.v12i4.1178
16	White, j. (1982). <i>Rejection</i> . Reading, MA: Addison-wesley.	
17	Wood, r. E., & Bandura, A. (1989). Social cognitive theory of organizational management. <i>Academy of management review</i> , 14, 361-384.	
18	[Comedy Bites]. (2023, September 29). Michael Scott's total lack of self awareness The Office US Comedy Bites [Video]. YouTube. https://www.youtube.com/watch?v=y93mohSy_8U	https://www.youtube.com/watch?v=y93mohSy_8U
19	[PsychAlive]. <i>What is Mindfulness?</i> [Video]. YouTube. https://www.youtube.com/watch?v=HmEo6RI4Wvs	https://www.youtube.com/watch?v=HmEo6RI4Wvs
20	[TED]. (2010, March 1). The riddle of experience vs. Memory Daniel Kahneman [Video]. YouTube. https://www.youtube.com/watch?v=XgRlrBl-7Yg	https://www.youtube.com/watch?v=XgRlrBl-7Yg
21	(2023, July 27). 11 Ways to Improve Your Self Efficacy. Pocket Prep. Retrieved February 20, 2024, from https://www.pocketprep.com/posts/11-ways-to-improve-your-self-efficacy/	https://www.pocketprep.com/posts/11-ways-to-improve-your-self-efficacy/
22	(2023, March 23). What makes a good role model? LinkedIn. Retrieved March 12, 2024, from https://www.linkedin.com/pulse/what-makes-good-role-model-mollie-chard	https://www.linkedin.com/pulse/what-makes-good-role-model-mollie-chard



23	(2022, March 25). Self Awareness Test: Are You Self-Aware? Scuffed Entertainment. Retrieved March 12, 2024, from https://scuffedentertainment.com/self-awareness-test/	https://scuffedentertainment.com/self-awareness-test/
24	(2019, August 11). The Importance of Albert Bandura’s Concept of Self-efficacy in Achieving Success. Envision Your Evolution. Retrieved February 22, 2024, from https://www.envisionyourevolution.com/learning-motivation/albert-bandura-the-concept-of-self-efficacy/4143/	https://www.envisionyourevolution.com/learning-motivation/albert-bandura-the-concept-of-self-efficacy/4143/
25	(2019, May 21). Measuring Self-Efficacy with Scales and Questionnaires. Positive Psychology. Retrieved February 19, 2024, from https://positivepsychology.com/self-efficacy-scales/	https://positivepsychology.com/self-efficacy-scales/
26	(2018, January 4). What Self-Awareness Really Is (and How to Cultivate It). Harvard Business Review. Retrieved February 23, 2024, from https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it	https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it
27	(n.d.). Become a Positive Psychology Professional. Positive Psychology. Retrieved February 20, 2024, from https://positivepsychology.com/	https://positivepsychology.com/
28	(n.d.). Create the Life You've Been Dreaming Of. Jack Canfield. Retrieved February 20, 2024, from https://jackcanfield.com/	https://jackcanfield.com/
29	(n.d.). <i>Mindfulness Quiz</i> . Greater Good Magazine. Retrieved March 13, 2024, from https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness	https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness
30	(n.d.). Welcome to Develop Good Habits! Develop Good Habits. Retrieved February 20, 2024, from https://www.developgoodhabits.com/	https://www.developgoodhabits.com/
31	www.greatergood.berkeley.edu/	
32	www.momjunction.com	
33	www.psychcentral.com	
34	www.verywellmind.com	

