



**Multi-State
Advanced Manufacturing
Consortium**

US DOL SPONSORED TAACCCT GRANT: TC23767
PRIMARY DEVELOPER: Kimberly Alexander – Henry Ford College

RELEASE DATE 09/30/16
VERSION v 002
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Tech 101-A Self Awareness

Module 1: Self Awareness PBOs

1. Identify personal core values.
2. Identify learning styles via assessment.
3. Identify and implement the 4 step process to self-directed learning.
4. Demonstrate various coping mechanisms when dealing with stress and anxiety.
5. Demonstrate ability to apply critical thinking skills to written texts.
6. Demonstrate ability to compose response papers, journals, and other forms of reflective writing.
7. Demonstrate proper code of conduct when working/studying in a diverse environment.





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