

GE2232: Knowing Ourselves Better in Work and Life

- Instructor
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- *"Know Thyself"*
 - People lack insight into their own competencies, feelings, and why they feel the way they do
 - Oblivion to one's character can lead to poor choices, such as in relationships, careers, and self-development opportunities
 - Even what we *think* we know about ourselves may be flawed (e.g., peers are better judges of our competence than ourselves!)
 - Discover your biases in self-judgment (including those residing outside of your conscious awareness) and how to manage them before they manage you