The Johari Window
An Exercise in Self-Reflection

CACS College Writing Workshop
Week 2
But first...

- **What makes you happy?**
- **5 minutes to write!!!**
Today's plan

• 1) Introduction to the Johari Window

• 2) Do the Johari Window activity in groups of 2

• 3) Talk briefly about the results

• 4) Talk about homework assignment for the break
The Johari (Joe and Harry) Window

• To better understand yourself; who you are

• The exercise allows you to understand how other people view you

• In this way, you’re forced to think about your behavior, about yourself, about who you are.
How the Johari window works

1) You select words that you think describe yourself
2) Others select words that they think describe you

able  accepting  adaptable  bold  brave  calm  caring  cheerful  clever  complex  confident  dependable  dignified  energetic

extroverted  friendly  giving  happy  helpful  idealistic  independent  ingenious  intelligent  introverted  kind  knowledgeable  logical  loving

mature  modest  nervous  observant  organized  patient  powerful  proud  quiet  reflective  relaxed  religious  responsive  searching

self-assertive  self-conscious  sensible  sentimental  shy  silly  smart  spontaneous  sympathetic  tense  trustworthy  warm  wise  witty
The four categories of the Johari
Joe and Harry’s Window
End result

• See the differences between the way you view yourself and how others view you.

  ▫ This may help you to better understand yourself or, at least, get you to think about yourself in a different way.
Now...

- Having thought about yourself (hopefully) in a new way...

- How does this exercise in personal reflection relate to college essay writing?
What is Brainstorming?
All Good Writing Starts with Brainstorming!
Homework for the Break

Big Brainstorming Sheet!

• Download copy from email
• Think Hard
• Use a computer to fill it out
• Email to sean.angiolillo@cacs.org.cn as attachment by February 5