

# Black SEL + Identity

## Part I



Topic: Success Looks Like Me

Goal: To redefine success inclusively

### Synopsis:

A high school student once asked me, "How can you be both black and successful?" The student continued, "I mean, I'm not trying to be disrespectful, motioned to my box braids and J's, but how can you be black and successful?" I paused, acknowledging the subtext, then responded, "By redefining success in a way that looks like you."

"Success Looks Like Me" is an innovative self-awareness presentation that helps participants define and use their identity to customize success in academia, career pursuits, and beyond. "Success Looks Like Me" puts the how in self-embrace. We believe that before a student picks a college major, career, or life path, they should develop a clear sense of self so that their definitions of success can reflect the diverse characteristics that shape them as individuals and not the images perpetuated in mainstream media.

### OUTCOMES:

- Learn a framework to define the three components of self.
- Create a tangible (Preliminary) definition of self.
- Understand the practical implications of authentic self-acceptance.
- Establish creative ways to embrace their defined identity in college and career pursuits.

### OUTLINE:

- Code Switch Off (IceBreaker & Discussion)
- Assimilation Is Not Appealing (Explore trends in black children's aspirations)
- pH7: Theory of Identity (Learn framework for self-definition)
- Pragmatic Collaborative Problem Solving (How do we tangibly use classrooms/curriculum to promote redefining success inclusively?)



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## Part II



## pH7: COLLECTIVE SELF-GUIDE

### LABEL

How do you like to be addressed?

What names, titles, pronouns, and phrases do you want to be called?



**REMEMBER,  
DEFINE  
YOURSELF  
FOR  
YOURSELF**

### CONTAINER

What are four physical features you love about yourself?

What are three features that need more love?



**SUBSTANCE:** Interests, Values, Behavior  
Tendencies, Flow State Activities, Inner Child



### INTERESTS

What do you like?

What are you passionate about?

What genres, shows, social issues, or aspects of life excite, fascinate, or intrigue you?



**QUICK  
TIPS**

Stuck? Try something new: A show, activity, club, class, or outing, try something you've never done before to learn about your interests.

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## Part III



## pH7: COLLECTIVE SELF-GUIDE

### VALUES

What are the life principles you swear by?  
What moral code is important to you?  
What sentiments do you regard highly?

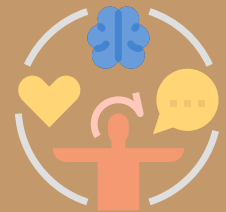


**QUICK TIPS**

Stuck? Take the Schwartz Human Values Quiz to see where you rank. Also, research basic human values and see what words resonate with you.

### BEHAVIOR TENDENCIES

What personality traits, patterns, and preferences do you have?  
What speech variations do you prefer?  
What cultural traditions do you express?



**QUICK TIPS**

Stuck? Take a personality assessment! Choose from the MBTI, DISC, OCEAN, 4 Tendencies and more to find some behavior patterns and preferences.

### FLOW STATE ACTIVITIES

What are you doing when you're in the zone?  
What activities get you in the element where you aren't concerned with time, perception, or opinions?



**QUICK TIPS**

Stuck? Start with your talents. What are you good at and can easily spend hours doing?



**REMEMBER,**  
YOU GOT THE  
SAUCE AND THE  
DRIP LIKE WATER.



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## Part IV



## pH7: COLLECTIVE SELF-GUIDE

### INNER CHILD

What characteristics, interests, values, behavior tendencies, and flow state activities did you have as a child?

Are there any activities you engage in presently that make you feel childlike, playful, and carefree?



Stuck? Ask someone who knew you as a child to describe you. Ask family, former teachers, coaches, and mentors. Also, ask your friends to describe you.

### COLLECTIVE SELF GUIDE:

Congrats! You've embarked on a lifelong journey of self-definition and should feel good about expanding your vocabulary of self. As you get clearer on who you are, you'll get clearer on what direction to take your life.

Your **interests** help you identify potential **industries** to explore.

Your **behavior tendencies** and **flow state activities** help you decide on the best role or position for you within that industry.

Your **values** help you assess and measure the **compatibility** of each choice.

Your **inner child** gives you **insight** into the pure, free, authentic (flow state) version of yourself.

\*Remember: The pH7 Collective Self Guide is a tool for self-clarity and direction. This tool cannot predict compatibility or lifelong matrimony. Your interests, values, behaviors, and flow states will change as you go through life. What is a good fit for you today may not be a good fit for you in ten years. That is okay!

***Forever is not the benchmark for success- you are. You determine what success looks like for you at each stage in your life. When you let your self-knowledge guide you, you'll create a life that flows like water.***



**REMEMBER,**  
YOU DESERVE  
BALANCE IN YOUR  
LIFE.

