

Johari Window

Overview: This optional lesson provides a look into how we view ourselves and how others view us. It is also a model for opening up the lines of communication with others. It serves to show how we become increasingly more open to others as we get to know them and share information about ourselves.

Educational Goal: The goal of this lesson is for the learner to better understand themselves and how others see them.

Objectives: The learner will:

Cognitive: Explain how the Johari Window works

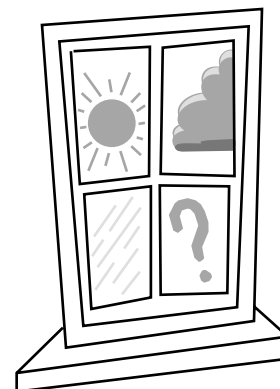
Affective: Respond to the value of understanding oneself better and how others view us.

Skill Standard Connections: As people learn and work with one another over time, we reveal things about ourselves, whether directly or indirectly. In becoming part of a team we need to be open and communicate. We need to be open to how other people see us. The same openness and learning should also take place in the home with family and friends. This lesson has connections to the Tennessee KSA – *Self-Awareness* and the EFF Standard – *Take Responsibility for Learning*. (Appendix II)

Teaching Strategy: The strategy for the Johari Window is to talk the learners through the various quadrants of the grid. They begin to gain insights to how they view themselves but also how they reveal more than they know to other people. They begin to have a better appreciation for what other people feel and see. Use the class as an example of how we reveal only certain things about ourselves initially, but as time goes on and we open up, we reveal more about “who” we really are. As the class provides feedback to one another, learners start to see themselves through the eyes of the other classmates. As time goes on and they bond, they become more and more open.

Lesson Plan

Homework Review: Watch the world news



Time: 1 hours

Materials:

- Lesson Plan
- Introduction
- Learner Note Taker

Teaching Tip



Begin each day with a review of the previous day’s homework. Allow 15-20 minutes to review the homework.

Then begin the “Thought for the Day.” Give students time to answer the four questions. Then discuss the “Thought for the Day.”

Thought for the Day

“One doesn’t discover new lands without consenting to lose sight of the shore for a very long time.” — *Andre Gide*

Allow yourself to go to new and higher places. Don’t be afraid to accept the challenge of success. Don’t allow yourself to fall into the comfort zone. Be willing to try new things that will help you to create a bridge to your future.

Attention: Have you ever had someone say that you were good at something, but you did not feel that about yourself? Over time, however, more and more people told you the same thing. An example could be teaching others, listening, or counseling others on the right way to do something. As time went on you realized that they were right.

They saw something in you that you did not recognize. How did they know?

Motivation: This lesson will show you a simple but true concept of how we view ourselves and how others view us. It will help us to be open to the insights of others and be more open about who and what we are.

Overview: We will slowly walk our way through the concept of the Johari Window and discuss how it applies to ourselves.

Body of Lesson

Main Point 1: Background on the Johari Window

The Johari Window is a model for getting and giving feedback. It is a communication model, and we can see it working in the classroom, on the job, and at home. Two psychologists, Joseph Luft and Harry Ingrham, originally developed the window.

Let’s draw a window with four windowpanes. These windowpanes represent our personality. Let’s take a look at each windowpane and see if it makes sense.

| | Things I know about myself | Things I don't know about myself |
|-----------------------------------|----------------------------|----------------------------------|
| Things others know about me | | |
| Things others don't know about me | | |

Main Point 2: Arena

The arena is the information that you know about yourself and that others also know. It is the obvious things, e.g. race, name, height, weight, etc. It is those things that you told others when you introduced yourself to the class. It is also those feelings that you have shared during the “Thought for the Day,” learning styles, communication process, and the personality lessons. It is all of that information that you wanted other people to know. This is an area that is very open for all to see.

Teaching Tips



Draw on the board the model above with the labels on the side.

Write in *Arena* in the first windowpane as you cover that main point. Continue to add words as you progress.

As time goes on will you tell and reveal more about yourself to the class? Why?

| | Things I know about myself | Things I don't know about myself |
|-----------------------------------|----------------------------|----------------------------------|
| Things others know about me | Arena | |
| Things others don't know about me | | |

Main Point 3: Hidden Area

The hidden area contains all that information that we don't want others to know about us. It's that closet of feelings, insecurities, and not-so-great experiences. It's the private information.

| | | |
|--|---------------------------------------|---|
| | Things I know about myself | Things I don't know about myself |
| Things others know about me | Arena | |
| Things others don't know about me | Hidden Arena | |

Main Point 4: Blind Spot

The blind spot is the information that others know about you, but you don't know about yourself. A funny example is the female student whose husband told her she snores. She didn't think she did, but he knew she did. What are some things that people have said about you that you didn't know?

There are also positive things such as being a good listener or talker. We may feel that we are not a good listener or talker, but our friends may feel differently.

| | | |
|--|---------------------------------------|---|
| | Things I know about myself | Things I don't know about myself |
| Things others know about me | Arena | Blind Spot |
| Things others don't know about me | Hidden Arena | |

Main Point 5: Unknown Area

The unknown area contains information that you don't know and others don't know. It could be abilities and potentials that you have not discovered about yourself yet. An example could be that you might be a great salesperson or customer service representative, but for now you don't know whether you have that ability or not.

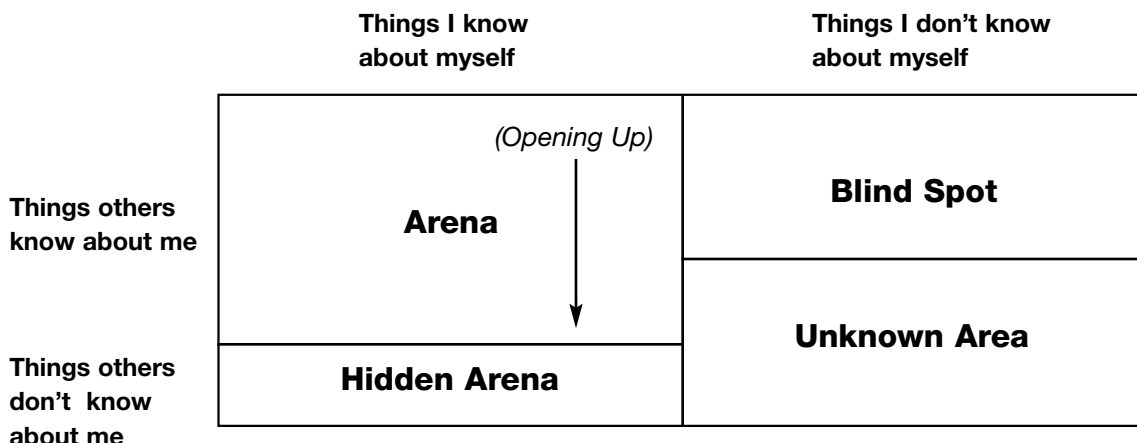
| | | |
|--|-----------------------------------|---|
| | Things I know about myself | Things I don't know about myself |
| Things others know about me | Arena | Blind Spot |
| Things others don't know about me | Hidden Arena | Unknown Area |

Main Point 6: Putting It All Together

Information can move from one pane to the next as you develop mutual trust, share hopes and dreams, and find similarities and things in common. We get over our differences and start to trust each other as classmates and teammates. It is the same way on a job with other co-workers. As time goes on and we begin to trust each other we start to tell more and more information about ourselves. We start to expand the arena. Look back at the first day, how open were you? Not much—only what you needed to say. So your window might of looked like this.

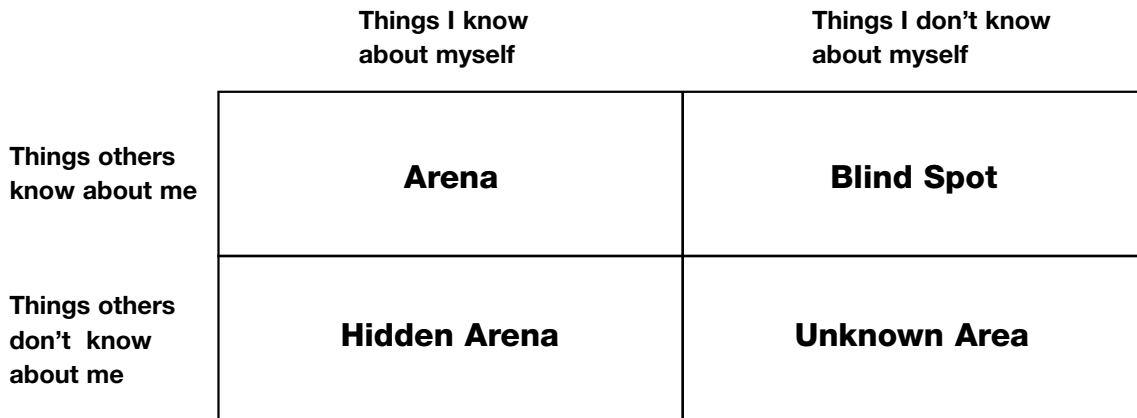
| | | |
|--|-----------------------------------|---|
| | Things I know about myself | Things I don't know about myself |
| Things others know about me | Arena | Blind Spot |
| Things others don't know about me | Hidden Arena | |

As we started to relax and feel more comfortable, we shared more information about ourselves. Our arena became bigger.



Exercise:

Take out a piece of paper. I want you to split it into twos. I want you to write about what you see in another person in the class. After you finish I want you to share with the other person what you see in them.



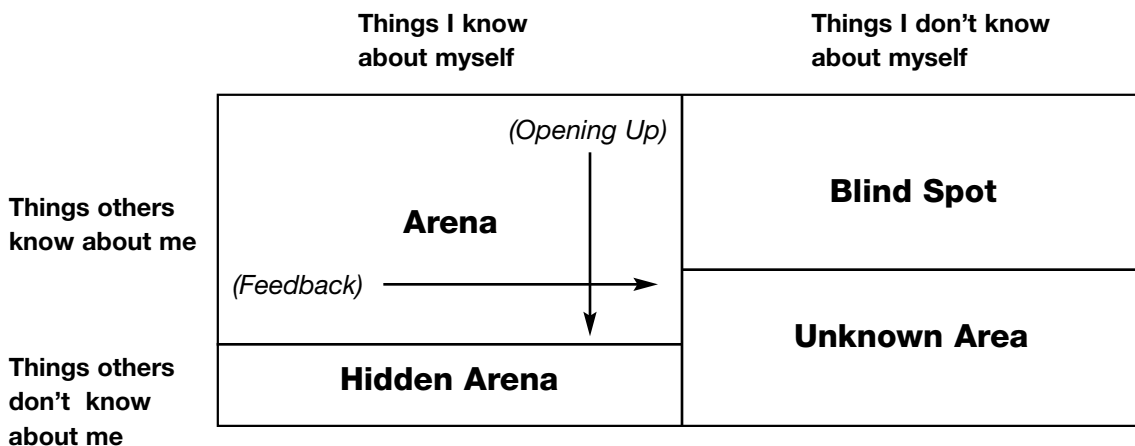
How many were surprised about what the other person saw in you?
 How many learned something new about themselves?

It is surprising what other people see in us and know about us. We don't even realize that we are communicating that information. This goes back to the communication process where we are always communicating something whether it is verbal or nonverbal. We can not *NOT* communicate.

So, as we get new information from others our blind spot starts to shrink and the arena becomes larger.

Look at what is happening to the hidden and unknown areas as we open up and receive feedback from others. They are shrinking. It is the same thing at work. As we begin to trust and get along with our co-workers, our arena grows.

- *What does all this mean to you?*
- *Why is this important?*
- *How can you use this information?*
 - *At work?*
 - *At home with the family?*
 - *In the community with friends and neighbors?*



Conclusion

Summary: Okay, I want you to summarize this lesson and review the key concepts.

See how well you did. This is another one of those easy lessons you can take home and teach your children and others.

Re-Motivation: The importance of learning more about ourselves is critical to our success in the world. It is also critical to reaching our goals, becoming independent, and building a bridge for the future. We need to become more open, confident, and comfortable with who we are. We need to build our self-esteem because we have a lot to give to the world and our families. Everyone is not out to get us, and in fact they may have good feedback for us if we are open to it.

Close: Life is about learning and growing. Aha! Lifelong learning.

Teaching Tips



Let the students practice summarization and memory skills. Fill in the gaps.