

Abstract

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Developing interpersonal skills has to do with learning how to work well with others; developing intrapersonal skills has to do with learning how to work with yourself. Getting to know yourself before you get to know anyone else is the basic idea behind intrapersonal skill development. At the collegiate level, students are at the point of their lives in which they are truly figuring out who they are and who they want to be. A secure sense of self, and knowing what their strengths and weaknesses are, leads to a more stable path of success. Analyzing how students function in certain situations allows for changes toward quick thinking, creative problem solving, and confidence. In Skarupinski's session, participants will learn and practice some of the most intrapersonal skills for students. Some of the exercises working with values, self-regulation, and stress management will allow participants to reflect on changes they may make to improve their own personal experiences.