

IS 103 ‘Ōlelo Hawai‘i

Self Awareness Exercises

Nā Hopena A‘o o ka Papa IS 103:

1. E ho‘omaopopo i nā hi‘ohi‘ona o nā kānaka like ‘ole (e la‘a, ke ‘ano o ke a‘o ‘ana, nā mea nāwaliwali a me nā mea ikaika, ke ‘ano o ka no‘ono‘o ‘ana) a e kālilailai i ka hopena o kēia mau mea ma luna o ka ho‘oholo ‘ana i nā hana like ‘ole a me ka ho‘okō ‘ana i nā pahuhopu.
2. E kaupona i nā kumu i hua ai kekahi ‘ano pilina me nā kānaka a e wehewehe i nā ka‘akālai a me nā mākau e paipai ana i ka ho‘okahua ‘ana i nā pilina ikaika.
3. Ho‘omaopopo i nā kumu waiwai a me nā palapala ho‘opa‘a o ke kulanui e pili i nā haumāna.
4. Hana i nā ka‘akālai a‘o (e la‘a, ke kākau ‘ana i nā noka, ka mālama ‘ana i ka papamanawa, ka hana ‘ana i nā hō‘ike) i mea e ho‘oikaika ai i ka hana ma ka papa kulanui.

| Ke Kumuhana | Hanana/Mana‘o | Nā Mākau | Nā Ha‘awina |
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| <p>Ka ho‘olauna</p> <p>Ku‘u wahi ‘āina</p> <p>Understanding Yourself</p> <p>Setting and Obtaining Goals</p> <p>Critical Thinking</p> <p>Effective Communication</p> <p>Relationship-Bui</p> | <p>Ku‘u wahi ‘āina</p> <ul style="list-style-type: none"> ● Pahuhopu: E hō‘ike ka haumāna i kona pilina i kona ‘āina. ● (Wā Papa 1) E pa‘i i nā kī‘i mai ka hō‘ike kī‘i aka. E hā‘awi i nā haumāna i ho‘okahi kī‘i pākahi a pau. E ho‘opihapiha lākou i ke Ke Kālilailai Kī‘i <ul style="list-style-type: none"> ○ E nānā i nā kī‘i o Ko‘olau. (hō‘ike kī‘i aka) <ul style="list-style-type: none"> ■ E ha‘i aku ke kumu i ka ‘ike i noi‘i ‘ia no nā kī‘i. ■ E ho‘ohālikelike nā haumāna me kā lākou i kākau ai. ○ E māhu‘i i kou wahi e noho nei ma kekahi kī‘i ● (Wā Papa 2) E nānā i nā palapala ‘āina me Georeferencer. <ul style="list-style-type: none"> ○ Georeferencer - Kāne‘ohe | <p>AVID Pule 2 Maopopo ka ‘oloke‘a koina papa</p> <p>HĀ:</p> <ul style="list-style-type: none"> ● Ua ola loko i ke aloha ● ‘O Hawai‘i ku‘u ‘āina kilohana | <ul style="list-style-type: none"> ● Ua ola loko i ke aloha. |

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| <p>Iding</p> <p>Study Habits and Skills</p> <p>Time Management</p> <p>College Resources</p> <p>Setting Your Foundation to Succeed</p> | <ul style="list-style-type: none"> ○ Georeferencer - Kahalu'u ○ Georeferencer - Kailua ○ Georeferencer - Waimānalo ○ He aha nā mea a 'oukou e ho'omaopopo ai no ka: <ul style="list-style-type: none"> ■ Moku ■ 'Ili ■ Wai ■ Makani ■ Ua ■ He ho'opihapiha i ka palapala N ● E heluhelu/ho'olohe/nānā i nā mo'olelo no kou 'āina. He aha nā mea e a'o ai mai kēia mau mo'olelo no kou 'āina? <ul style="list-style-type: none"> ○ No Keahiakahoe ○ No 'Āpuakea ● E ho'okama'āina iā Pū'ōhala (hō'ike ki'i aka) ● E haku i ke oli/mele no kou 'āina. <ul style="list-style-type: none"> ○ E ho'okō i ka Palapala 'Ike no Kou 'Āina Pono'i ○ E a'o no nā mele <ul style="list-style-type: none"> ■ Kumukahi - No nā Mele ■ No nā mele ■ ● Ana: Haku ka haumāna i ke oli no kona wahi pono'i. <ul style="list-style-type: none"> ○ Analoī Oli/Mele 'Āina ○ Hō'ike | | |
| <p>No hea mai 'oe? 'O wai 'oe?</p> <p>Kau Hapahā 1</p> | <p>Ku'u wahi 'āina</p> <ul style="list-style-type: none"> ● Pahuhopu: E hō'ike ka haumāna i kona pilina i kona 'āina. ● E pa'i i nā ki'i mai ka hō'ike ki'i aka. E hā'awi i nā | | <ul style="list-style-type: none"> ● 'O Hawai'i ku'u 'āina kilohana ● He pili wehena 'ole |

AVID Pule 13

- haumāna i ho'okahi ki'i pākahi a pau. E ho'opihapiha lākou i ke [Ke Kālailai Ki'i](#)
- [E nānā i nā ki'i o Ko'olau](#). (hō'ike ki'i aka)
 - E ha'i aku ke kumu i ka 'ike i noi'i 'ia no nā ki'i.
 - E ho'ohālikelike nā haumāna me kā lākou i kākau ai.
 - E māhu'i i kou wahi e noho nei ma kekahi ki'i
 - E nānā i ka [palapala 'āina me Georeferencer](#). He aha nā mea a 'oukou e ho'omaopopo ai no ka:
 - Moku
 - 'Ili
 - Wai
 - Makani
 - Ua
 - He ho'opihapiha i ka palapala N
 - E heluhelu/ho'olohe/nānā i nā mo'olelo no kou 'āina. He aha nā mea e a'o ai mai kēia mau mo'olelo no kou 'āina?
 - [No Keahiakahoe](#)
 - [No 'Āpuakea](#)
 - [E ho'okama'āina iā Pū'ōhala](#) (hō'ike ki'i aka)
 - E haku i ke oli/mele no kou 'āina.
 - E ho'okō i ka [Palapala 'Ike no Kou 'Āina Pono'i](#)
 - E a'o no nā mele
 - [Kumukahi - No nā Mele](#)
 - [No nā mele](#)
 -
 - Ana: Haku ka haumāna i ke oli no kona wahi pono'i.

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| AVID Pule 5, 10 | <ul style="list-style-type: none"> ○ Analoī Oli/Mele ‘Āina ○ Hō‘ike | | |
| | <p>Ka mo‘okū‘auhau ‘oihana</p> <ul style="list-style-type: none"> ● E noi‘i i ka mo‘okū‘auhau <ul style="list-style-type: none"> ○ E a‘o i ke “kumulā‘au mo‘okū‘auhau” ○ E nīnauele i ka ‘ohana ○ E kipa i ka Waihona Palapala Aupuni a me ke Ke‘ena Olakino. ○ E ‘imi i nā ‘oihana a me ke kula o nā kānaka ma ka mo‘okū‘auhau. ● E haku i pelaha o ka mo‘okū‘auhau pono‘ī ● Family traditions (Pua Kanaka‘ole and Kekuhi Kanahale) ● Analoī mo‘okū‘auhau ‘oihana | | <ul style="list-style-type: none"> ● He pili wehena ‘ole ● E ‘ōpū ali‘i ● Ma ka hana ka ‘ike, ma ka ‘imi ka loa‘a |
| | <p>Ke ‘ano kānaka pono‘ī</p> <ul style="list-style-type: none"> ● Nā hō‘ike ‘ano kānaka <ul style="list-style-type: none"> ○ Myers-Briggs ○ RIASEC ○ Focus2 ○ Strengths-finder (??) ○ Alternate assessment <ul style="list-style-type: none"> ■ Education.org (online) <ul style="list-style-type: none"> ● Onet (Specific career descriptions based on career cluster test at education.org) ■ 123test.com (online personality test) ● Nā ‘Oihana Like ‘Ole ● Ka Palapala Kālailai I Kou Ala e Ho‘oikaika Ai ● E pili ana ia‘u | | <ul style="list-style-type: none"> ● Ua ola loko i ke aloha ● He pili wehena ‘ole |

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| <p>He aha ko'u mau pahuhopu ola?</p> <p>Kau Hapahā 2</p> <p>AVID Pule 1</p> | <p>Ke koho 'ana i nā pahuhopu</p> <ul style="list-style-type: none"> ● E a'ō i ka haku 'ana i nā pahuhopu. <ul style="list-style-type: none"> ○ Eulerian Destiny <ul style="list-style-type: none"> ■ Background info Eulerian Destiny ○ Freedom Diagram <ul style="list-style-type: none"> ■ Background info Freedom Diagram ● E haku i 3 'Ōlelo Ho'opa'a (Affirmation) o ka lā. <ul style="list-style-type: none"> ○ Background info affirmations ○ Palapala 'Ōlelo Ho'opa'a ○ Hō'ike Ki'i Aka no ka 'Ōlelo Ho'opa'a ● E hana i ka papa hihi'o (vision board). <ul style="list-style-type: none"> ○ Papa Hihi'o ma ka pūnaewele ○ Background info vision boards <ul style="list-style-type: none"> ■ How to do it ■ How it helps | | <ul style="list-style-type: none"> ● Ma ka hana ka 'ike, ma ka 'imi ka loa'a ● Ua ola loko i ke aloha ● 'A'ohe 'ulu e loa'a i ka pōkole o ka lou. |
| | <p>Ka ho'olālā 'ana no ka ho'okō 'ana i nā pahuhopu</p> <ul style="list-style-type: none"> ● Ka ho'olālā 'ana ma nā hopena a i ka ho'omaka (backward mapping) <ul style="list-style-type: none"> ○ Ka 'oloke'a AVID no nā pāhana ○ Ka hō'ike ki'i aka no ka ho'olālā 'ana mai hope a i mua ● Believe in Yourself (Paula Funga) | | |
| <p>AVID Pule 9, 12</p> | <p>Ke koho 'ana i nā hana no ka pono o ka ho'okō pahuhopu</p> <ul style="list-style-type: none"> ● Ka no'ono'o hiki (Growth mindset) <ul style="list-style-type: none"> ○ The Power of Believing You Can Improve ● Kūlia i ka nu'u <ul style="list-style-type: none"> ○ Tai Lopez ● Mahalo i ka 'oko'a ● Ke koho 'ana i ka hana kūpono <ul style="list-style-type: none"> ○ No ka inu 'ole | | |

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| | <ul style="list-style-type: none"> ● Dealing with competition ● No ka mālama kālā (Financial literacy) <ul style="list-style-type: none"> ○ No ka mālama kālā ● Ke Olakino <ul style="list-style-type: none"> ○ | | |
| <p>He aha nā hana e kākoʻo ana i ka hele kula ʻana?</p> <p>AVID Pule 2, 3, 4, 6, 8, 15</p> | <ul style="list-style-type: none"> ● Ke kālailai ʻana i ka Papamanawa o ka Papa (Syllabus) ● Ke mālama pono ʻana i ka manawa <ul style="list-style-type: none"> ○ Time management website ○ No ka hoʻopau manawa ● Ke kākau noke <ul style="list-style-type: none"> ○ Cornell Method ○ Web ○ Outline ● ʻImi Noiʻi <ul style="list-style-type: none"> ○ WCC Library ○ Purdue Owl ○ Ke kiʻina hana ʻimi noiʻi <ul style="list-style-type: none"> ■ Hoʻokino i ka nīnau kikoʻī ■ ʻImi i ka noiʻi - ʻohi ʻikepili ■ Hoʻonohonoho i ka ʻike i ʻohi ʻia ■ Kākau pepa ● Ka hoʻopaʻa haʻawina ʻana ● Ka hoʻomākakau ʻana no nā hōʻike ● Ka hoʻonohonoho ʻana i ka ʻike papa ● Ke ʻano o ka ʻōlelo ʻana ma ka papa | | |
| <p>He aha nā mea e kōkua ai i nā haumāna kulanui?</p> <p>No nā Kumuwaiwai</p> | <ul style="list-style-type: none"> ● Campus resources ● On-line resources ● Financial aid & scholarships <ul style="list-style-type: none"> ○ Writing a personal statement ○ Filling out applications | | |

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| <p>AVID Pule 7, 11</p> | | | |
| <p>Pehea e holomua ai ka pukana kaiapuni i loko o ke kulanui Pelekānia?</p> <p>Ke kākau i ka mo'olelo pilikino pono'i</p> <p>No Gideona La'anui</p> <p>Nā 'āina mamao</p> <p>AVID Pule 15</p> | <ul style="list-style-type: none"> ● Culture shock ● Kū ha'āheo a kūpa'a i ke kahua 'ike kaiapuni <ul style="list-style-type: none"> ○ No ka 'ōlelo Hawai'i ○ Kuleana, Aloha 'Āina (Wahinehula Kaeo) ● 'Ae i ke a'o 'ana i nā mea hou me ka mālama pū 'ana i ke 'ano Hawai'i <ul style="list-style-type: none"> ○ Honoring Native Intelligence (Alapaki Nahalea) ● Kūha'o, mālama iā 'oe iho <ul style="list-style-type: none"> ○ Ka nohona kū'okō'a i ka mākua ○ Nā koho kūpono/kūpono 'ole <ul style="list-style-type: none"> ■ Maka koho | | |
| <p>AVID Pule 16</p> | <p>Ka nānā hope i nā mea a pau i a'o 'ia</p> | | |

KA PAPAMANAWA A'O (‘A‘ole pa‘a loa, akā e ho‘ā‘o ana e hahai)

| Ka Lā | Ke Kumuhana | Hanana/Ha‘awina | Nā Mākau |
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| <p>Pō‘akahi 21 ‘Aukake 2023</p> <p>Pō‘alua 22 ‘Aukake 2023</p> | <p>Ka ho‘olauna</p> <p>HĀ: He pili wehena ‘ole</p> | <p>Ku‘u wahi ‘āina/ one hānau</p> <ul style="list-style-type: none"> · E hana o Ke Kālailai Kī‘i o Lā Palena Pau: 10 2019 · E heluhelu ma mua o ka hui hou ‘ana: o No Keahiakahoe o No ‘Āpuakea | <p>AVID Pule 1</p> <p>Maopopo ka ‘oloke‘a koina papa</p> |
| <p>Pō‘akahi 28 ‘Aukake 2023</p> <p>Pō‘alua 29 ‘Aukake 2023</p> | <p>No hea mai ‘oe?</p> <p>HĀ: ‘O Hawai‘i ku‘u ‘āina kilohana</p> | <p>Ku‘u wahi ‘āina, ho‘omau ‘ia</p> <ul style="list-style-type: none"> · E hana: o Palapala ‘Ike no Kou ‘Āina Ponoī § Lā Palena Pau: 17 2019 o Ka ‘Imi ‘Ike i ka ‘Oloke‘a Koina Papa § Lā Palena Pau: 17 2019 · Ana/Pāhana: o Haku Mele no kou ‘āina ponoī § Lā Palena Pau: 22 2019 o Analoī Oli/Mele ‘Āina o Hō‘ike | <p>AVID Pule 4</p> <p>Ke kālailai ‘ana i ka Palapala</p> |

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| <p>Pō'akahi 4 Kepakemapa 2023</p> <p>Pō'alua 5 Kepakemapa 2023</p> | <p>‘O wai ‘oe? HĀ: He pili wehena ‘ole</p> | <p>Ku‘u ‘ohana · E hana: o Pelaha o ka mo‘okū‘auhau ponoī § Lā Palena Pau: 24 2019 o Analoi mo‘okū‘auhau ‘oihana</p> | <p>AVID Pule 13 Ke Kuleana Kanaka a me ka pilina i ka ‘ohana</p> <p>AVID Pule 14 Kuleana a me Ke A‘o Lawelawe</p> |
| <p>Pō'akahi 11 Kepakemapa 2023</p> <p>Pō'alua 12 Kepakemapa 2023</p> | <p>‘O wai ‘oe? HĀ: He pili wehena ‘ole</p> <p>HĀ: E ‘ōpū alii</p> | <p>Ko‘u ‘ano ponoī · E hana: o RIASEC o Focus2 o Ka Palapala Kālailai I Kou Ala e Ho‘oikaika Ai o E pili ana ia‘u o Lā Palena Pau: 31 2017</p> | <p>AVID Pule 5 Ke ‘Ano o Ke Kanaka</p> |

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| <p>Pō'akahi 18 Kepakemapa 2023</p> <p>Pō'aluā 19 Kepakemapa 2023</p> | <p>He aha ko'u mau pahuhopu ola?</p> <p>HĀ: Ma ka hana ka 'ike, ma ka 'imi ka loa'a</p> | <p>Ke koho 'ana i nā pahuhopu</p> <ul style="list-style-type: none"> · Ka no'ono'o hiki (Growth mindset) <ul style="list-style-type: none"> o The Power of Believing You Can Improve · E a'o i ka haku 'ana i nā pahuhopu. <ul style="list-style-type: none"> o Eulerian Destiny o Freedom Diagram o E koho i ho'okahi 'ana ki'ikuhi pahuhopu a e haku nāu iho <p>§ Lā Palena Pau: 7 II 2019.</p> <ul style="list-style-type: none"> · E haku i 3 'Ōlelo Ho'opa'a (Affirmation) o ka lā. <ul style="list-style-type: none"> o Palapala 'Ōlelo Ho'opa'a o Lā Palena Pau: 12 II 2019. | <p>AVID Pule 2 Ka Mālama 'Ana i ka Manawa</p> |
| <p>Pō'akahi 25 Kepakemapa 2023</p> <p>Pō'aluā 26 Kepakemapa 2023</p> | <p>He aha kou nu'ukia pono'i?</p> <p>HĀ: 'A'ohe 'ulu e loa'a i ka pōkole o ka lou.</p> | <p>Ka Haku 'ana i nā Papa hihio (vision board).</p> <ul style="list-style-type: none"> · Papa Hihio ma ka pūnaewe <p>Lā Palena Pau: 14 II 2019</p> <p>Kūlia i ka nu'u</p> <ul style="list-style-type: none"> · Tai Lopez | <p>AVID Pule 8 Ke kākau 'ana</p> |
| <p>Pō'akahi 2 'Okakopa 2023</p> <p>Pō'aluā 3 'Okakopa 2023</p> | <p>Pehea lā e ho'okō ai i nā pahuhopu?</p> <p>HĀ: 'A'ohe 'ulu e loa'a i ka pōkole o ka lou.</p> | <p>Ka ho'olālā 'ana no ka ho'okō 'ana i nā pahuhopu</p> <ul style="list-style-type: none"> · Ka ho'olālā 'ana ma nā hopena a i ka ho'omaka (backward mapping) <ul style="list-style-type: none"> o Ka 'oloke'a AVID no nā pāhanga o Believe in Yourself (Paula Funga) | <p>AVID Pule 11 Pili i ka Ho'olālā 'ana i ka 'Imi Na'auao</p> |

| Pō'akahi 9-13 'Okakopa 2023 | Wā Ho'omaha Hā'ule Lau 'A'ohē Kula | | |
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| Pō'akahi 16 'Okakopa 2023 Pō'alua 17 'Okakopa 2023 | He aha nā hana e kāko'o ana i ka hele kula 'ana? HĀ: Ua ola loko i ke aloha | <ul style="list-style-type: none"> · Ke kākau mana'o o ka papa (noke) o Nā 'ano like 'ole § Cornell § Kī'ikuhi hu'a · Ka mālama pono 'ana i ka manawa o E heluhelu ma mua o ka hui hou 'ana: No ka ho'opau manawa o Ka mo'ohelu hola o E hana i ka helu papamanawa § Lā Palena Pau: 28 II 2019 | AVID Pule 3 Ka Palapala 'ana i ka Mana'o Nui o ka Papa (Noka) |
| Pō'akahi 23 'Okakopa 2023 Pō'alua 24 'Okakopa 2023 | He aha nā hana e kāko'o ana i ka hele kula 'ana? HĀ: Ma ka hana ka 'ike, ma ka 'imi ka loa'a | Ka mālama kālā (Financial literacy) <ul style="list-style-type: none"> · E heluhelu ma mua o ka hui hou 'ana: Ke 'Ano o ka Wā U'i · Living Wage Calculator for Hawai'i · Ka Uku ma nā 'Oihana Like 'ole · Lā Palena Pau: 7 III 2019 | AVID Pule 12 Ka mālama 'ana i ke Kālā |
| Pō'akahi 30 'Okakopa 2023 Pō'alua 31 'Okakopa 2023 | He aha ke ano o ke kanaka ho'okō? HĀ: 'A'ohē 'ulu e loa'a i ka pōkole o ka lou. | Ke koho 'ana i nā hana no ka pono o ka ho'okō pahuhopu <ul style="list-style-type: none"> · Mahalo i ka 'oko'a · Ke koho 'ana i ka hana kūpono o No ka inu 'ole · Ka Ho'okūkū 'ana · Ke Olakino | AVID Pule 10 Ka Ho'ā'o 'ana i nā 'Oihana |

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| <p>Pō'akahi 6 Nowemapa 2023</p> <p>Pō'alua 7 Nowemapa 2023</p> | | <ul style="list-style-type: none"> · 'Imi Noi'i o WCC Library o Purdue Owl o Ke ki'ina hana 'imi noi'i § Ho'okino i ka nīnau kiko'i § 'Imi i ka noi'i - 'ohi 'ikepili § Ho'onohonoho i ka 'ike i 'ohi 'ia § Kākau pepa · Ka ho'opa'a ha'awina 'ana · Ka ho'omākakau 'ana no nā hō'ike · Ka ho'onohonoho 'ana i ka 'ike papa · Ke 'ano o ka 'ōlelo 'ana ma ka papa | <p>AVID Pule 6 Ke 'Ano o ka Noi'i</p> |
| <p>Pō'akahi 13 Nowemapa 2023</p> <p>Pō'alua 14 Nowemapa 2023</p> | <p>He aha nā mea e kōkua ai i nā haumāna kulanui?</p> | <ul style="list-style-type: none"> · Campus resources · On-line resources · Financial aid & scholarships o Writing a personal statement o Filling out applications · E heluhelu a e kālailai o No nā Kumuwaiwai o Lā Palena Pau: 11 IV 2019 | <p>AVID Pule 7 Nā kumu waiwai o ke kahua kula</p> |

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| <p>Pō'akahi 20 Nowemapa 2023</p> <p>Pō'alua 21 Nowemapa 2023</p> | <p>Pehea e holomua ai ka pukana kaiapuni i loko o ke kulanui Pelekānia?</p> <p>Ke kākau i ka mo'olelo pilikino pono?</p> | <ul style="list-style-type: none"> · Ka 'oko'a o ke kula kaiapuni a me ke kula 'ōlelo haole <ul style="list-style-type: none"> o E heluhelu § Nā 'āina mamao · Kū ha'aheo a kūpa'a i ke kahua 'ike kaiapuni <ul style="list-style-type: none"> o No ka 'ōlelo Hawai'i o Kuleana Aloha 'Āina (Wahinehula Kaeo) | <p>AVID Pule 9 Ka mālama pono 'ana i kou kino</p> |
| <p>Pō'akahi 27 Nowemapa 2023</p> <p>Pō'alua 28 Nowemapa 2023</p> | | <ul style="list-style-type: none"> · 'Ae i ke a'o 'ana i nā mea hou me ka mālama pū 'ana i ke 'ano Hawai'i <ul style="list-style-type: none"> o Honoring Native Intelligence (Alapaki Nahalea) · Kūha'o, mālama iā 'oe iho <ul style="list-style-type: none"> o Ka nohona kū'oko'a i ka mākua o Nā koho kūpono/kūpono 'ole o Maka koho o E heluhelu: No Gideona La'anui <p>§ Lā Palena Pau: 30 IV 2019</p> | <p>AVID Pule 15 Ka ho'omākaukau 'ana no nā Hō'ike Hope Loa</p> |
| <p>Pō'akahi 4 Kekemapa 2023</p> | | <p>Ke Analoi Papa</p> | <p>AVID Pule 16 Ka Nānā Hope 'Ana</p> |
| <p>Pō'alua 5 Kekemapa 2023</p> | | <p>Nā Ha'i'ōlelo</p> | |

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| Pō'akahi 11 Kekemapa 2023 | | Ka nānā hope i nā mea a pau i a'ō'ia | |
| Pō'alua 12 Kekemapa 2023 | | Ka Hō'ike Hope Loa | |