

PD Workshop – Self and Other Awareness

Sensitivity to self and an awareness of others' feelings and characteristics are basic for social work students in communicating and understanding others. Being an effective communicator is essential not only for a social worker but also for enhancing service users.

73 Full-time Year 1 students of Associate of Social Science in Social Work participated in PD Workshops (Personality Dimensions Workshops). Students have brightened their own unique temperament characteristics, called 'Color Rainbow', and experienced ways to work creatively and effectively with students who have other Color Rainbows.

Some of the participating students reflected:

“It is amazing to learn something new from an interactive process! I would like to have more chances.”

“It is excellent that I found out my elder sister should have a very different signature colour of mine. That explains why it is so easy for me to get into arguments with her. I am an ORANGE who is resourceful and full of energy. She should be a GOLD who keeps everything in order and on schedule. She always complains that I do not keep our shared bedroom in order. With such an understanding, I hope I could relate with her better.”

