

# DISC SELF-AWARENESS & ACADEMIC SUCCESS MAP FACILITATOR GUIDE

## OVERVIEW

This activity helps first-year students apply their DISC results to enhance academic self-awareness. Students reflect on how their DISC behavioral style influences their study habits, class participation, group projects, and communication with others. Ultimately, this will help them as they start to think about career planning in later years, by first thinking about it within the context of being a student.

### Duration

30-40 minutes

### Materials Needed:

- DISC Profile Report (completed by each student as part of BA1000)
- Printed student worksheets (or a digital version as an interactive PDF)
- Optional: pens/highlighters

### Facilitator Preparation:

- Watch or review the brief video explanation (provided).
- Read through the student worksheet to become familiar with the activity.
- Be ready to guide group sharing and ask follow-up questions to prompt discussion as outlined in this facilitator guide.



## GUIDING THE ACTIVITY

### 1. Introduction (5 minutes)

Introduce the activity and explain the 'why' behind it.

#### **Example Script:**

"Today, we're going to take what you've learned about your DISC Profile in BA1000 and apply it to how you study, interact in class, and manage group projects. By understanding your behavioral style, you can make more intentional choices about how you approach learning, and set yourself up for success."

### 2. Individual Reflection (10–15 minutes)

- Hand out the worksheets.
- Students complete the questions independently.
- Encourage them to refer to their DISC report as they work through each section.

### 3. Small Group Sharing (10–15 minutes)

- Have students pair up or form small groups of 3–4.
- Ask them to share 1–2 key insights from their worksheet.
- Prompt discussion with:
  - "What did you learn about how you like to study?"
  - "Do you see how your DISC style plays out in group assignments?"
  - "Can you think of an example where you have had to adapt your approach when working with someone else?"
    - **Follow-up question:** "Did it help you get a better outcome?"
  - "What's one academic challenge you've already faced this semester? How did you respond?"
  - "What would help you stretch outside your comfort zone without feeling overwhelmed?"
  - "Can anyone share a moment where your DISC style helped you — or held you back — when things didn't go as planned?"

### 4. Wrap-Up & Takeaway (5 minutes)

- Invite a few volunteers to share something they learned.
- Close with key messages:
  - *Importantly, DISC isn't just about understanding our own preferred way of behaving. It's a practical tool that we can apply in almost any setting. The more aware you are of your style, the better equipped you are to study smarter, work better in teams, and navigate challenges.*
  - *Different DISC styles respond to change in different ways. Some thrive on it, others find it stressful.*
  - *Many academic scenarios will require students to adjust: unfamiliar assignments, new technology, different teaching styles, or unstructured expectations.*
  - *Being adaptable doesn't mean changing who you are; it's about developing habits that help you work through challenges more effectively.*