Social Behavior Mapping

By Dearly Ebony

Social Behavior Mapping stems from the work of Michelle Winner. Winner is known for her work on social thinking. **Social thinking** helps people understand how their behavior is linked with the consequence that follows, be it good or bad.

SBM is mainly used for students; however, it was created for both students and adults. We are a society, and societies have norms. Understanding how sociological factors influence performance and relationships is essential for a great leader. In my opinion, understanding leads to compassion. Also, understanding does not mean agreeing. I contribute my B.A. degree in Sociology to my building and maintaining successful relationships.

Social Interpretation: Understanding the self and others in order to make sense of other people's information, plans, intentions, and humor. While we each have unique thoughts, we also crave a "shared pool of meaning" (Siegel, 2014).

Social Problem-Solving: Social problem-solving helps us consider many different social variables and make choices based on the anticipated consequences of each choice. This is a complex social task that requires all the other elements of the social competency model. Ultimately, social problem-solving can be used to reach our social goals.

<table>
<tr><th colspan="3">What is sociology?</th></tr>
<tr><td colspan="3">Sociology is the systematic and scientific study of human social behavior, groups, and society. Sociology requires critical thinking-objectively assessing ideas, statements, and information while asking questions and questioning answers.</td></tr>
<tr><th colspan="3">What is socialization?</th></tr>
<tr><td colspan="3">Lifelong process whereby we learn and internalize the attitudes, values, beliefs, norms of culture and develop a sense of self. Nature (heredity) and nurture (environment) contribute to the socialization process. Think about how this influences performance and relationships at work.</td></tr>
<tr><td colspan="3">We view ourselves in three different ways.</td></tr>
<tr><th colspan="3">Self</th></tr>
<tr><th>I & Me</th><th>Situated Self</th><th>Looking Glass Self</th></tr>
<tr><td>The "I" is the unsocialized self as subject; the "Me" is the socialized self as object. (Mead, 1934)</td><td>The self that emerges in specific social situations. (Goffman 1959)</td><td>1. How we imagine our appearance to others.
2. How we imagine their judgement of that appearance.
3. The feelings we develop about ourselves based on those judgements.
(Cooley, 1902, 1922)</td></tr>
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