

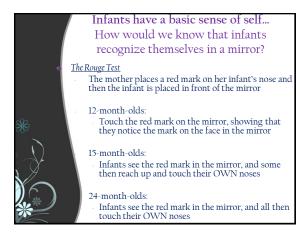
Who am I?

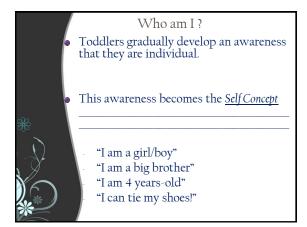


The search for the self-Self expression and identity

Class Objectives • The development of the self • The development of identity • How do we develop self-esteem?

Who am I? The Self is all of the characteristics of a person A conceptual system made up of one's Body Possessions Thoughts Psychological functioning





Self Concept Adolescent Preschooler: I am ... I am ... I like... I like ... I am good at ... I am good at ... Elementary school child: Adult I am ... I am ... I like ... I like... I am good at ... I am good at ...

| ** | Self Understanding in Early Childhood |
|----|--|
| By | 2 – 3 years: Children can construct narratives of the events in |
| • | Toddlers' self-understanding is not strongly linked across time – it is focused largely on the present |

Self-Understanding: Childhood By 3 – 4 years of age: Children understand the self in terms of concrete, observable characteristics related "I am always happy" "I am 3-years-old" "I have brown hair" "I have an Aunt Jasmine"



• My name is Gregory. I live in a blue house with my mom, dad, and sister Ashley. I have a dog that is brown. His name is Bluto. I have a skateboard and a hockey stick. I can skate really fast. I can brush my teeth and wash my hair all by myself. I can jump on one foot 50 times in a row...want to see? I'm not even tired when I stop. I have green eyes and lots of freckles. Most of the freckles are on my nose.

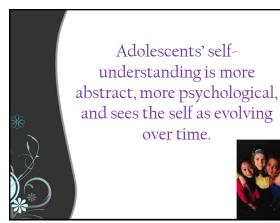


| Self Understanding: Childhood Continued |
|---|
| y elementary school, children engage in social omparison |
| They pay more and more attention to discrepancies between their own behavior and others' behavior |
| y middle to late elementary school, children use higher- rder "Tam helpful" "To be popular, I have to be nice and keep secrets" |
| Ć |

Self-Description

I'm a human being. I'm an II-year-old girl. I'm a truthful person. I'm not pretty. I do so-so in my studies. I'm the best pianist in my class. I'm a little tall for my age. I like several boys. I like several girls. I'm a very good swimmer. I try to be helpful. I'm always ready to be friends with anybody. Mostly I'm good, but sometimes I lose my temper. I don't know if I'm liked by boys or not.

Self-Awareness in Adolescence In adolescence, the self is defined by Adolescents can conceive of themselves in terms of a variety of selves, depending on the context With friends, siblings, parents, etc...





Self-Description

• I'm sensitive, friendly, outgoing, though I can also be shy, self-conscious, and even obnoxious. I'd like to be friendly and tolerant all of the time. That's the kind of person I want to be, and I'm disappointed when I'm not. I'm responsible, even studious every now and then, but on the other hand I'm a good-off too, because if you're too studious, you won't be popular. I'm a pretty cheerful person, especially with my friends, where I can even get rowdy. I can be my true self with my close friends. I can't be my real self with my parents.

"They don't understand me."

Self-Understanding: Adulthood

As individuals transition from adolescence to adulthood, they begin to engage in more

Three important components:

Self-awareness
Possible selves
Life review



