

### Who am I?



The search for the self-Self expression and identity

# Read on Your Own! Continued with Chapter 11 – focusing on Identity (p. 405-411) In addition, read about Adolescent Egocentrism (Chapter 6 – p. 222-223)

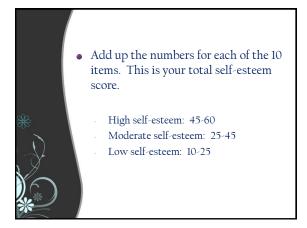
### Self-Esteem

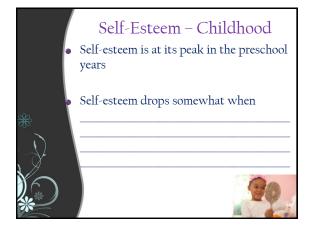
 One's overall evaluation of the worth of the self and the feelings that this evaluation engenders





## Assessing Self-Esteem Self-esteem refers to a person's judgments and feelings about his or her own worth. These feelings are based upon self-evaluations of many aspects of one's life. Below are several aspects of an individual's functioning. Evaluate yourself along the following dimension: Very Dissatisfied Very Satisfied Physical maturity Academic performance Work experiences Financial independence Family relations Peer relations Role in community Sense of values and religiosity Romantic and intimate relationships Coping skills

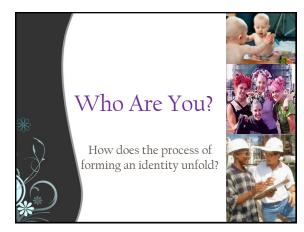






	Self-Esteem – Adolescence and Adulthood
•	Most adolescents have positive self- esteem, although some researchers
*	
	Self-esteem remains across the age periods of adulthood

### Unrealistic Self Esteem? Research is beginning to illustrate a new concern: That too many of today's college students grew up receiving empty praise and as a consequence have inflated self-esteem now in college, they may have difficulty handling competition and criticism



All of these components make up a person's identity

• Vocational/career identity
• Political identity
• Religious identity
• Relationship identity
• Achievement/intellectual identity
• Sexual identity
• Cultural/ethnic identity
• Personal interests
• Personality
• Physical identity



## Components of YOUR identity Activity Career path the person wants to follow Conservative, liberal, or middle of the road Spiritual beliefs Single, married, divorced, etc... Motivated to achieve and is intellectual Heterosexual, homosexual, bisexual, etc... What part of world/country are you from; cultural heritage, how intensely do you identify with your ethnic background Kinds of things you like to do; sports, music, hobbies, etc.... Personality characteristics Body image

### \*

### Extra Credit Paper Worth 5-10 points

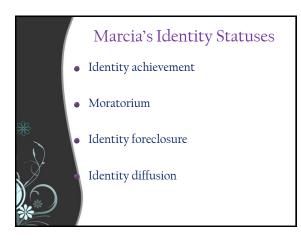
-If you are still struggling with an aspect of identity, explain the process you're using to find out who you are.

Think about the processes that got you to the place you are now.

	According to James Marcia, people go through periods of
*	<u>Crisis:</u> a period of
*	Commitment: a part of identity development in which individuals show a

<b>7</b> .	Identity development follows many paths. Some			
	The pattern often varies across identity domains			
	such as sexual orientation, vocation, and religious and political values.  Most people			
	by the time they reach their twenties, but some move in the opposite direction			

Ja	James Marcia's Identity Statuses		lentity
*		Has the person ma	de a commitment?
Has the person explored meaningful alternatives regarding	YES	Identity Achievement	Identity Moratorium
some identity question?	NO	Identity Foreclosure	Identity Diffusion



	Identity achievement	
	• The ultimate status in adolescence is <u>identity achievement</u> .	
*	Adolescents who achieve identity know	
	hey have learned earlier, but are not bound to any of them.	
**		
	Foreclosure	1
	Foreclosure  Some teenagers never fully examine traditional values, which leads to	
*	<ul> <li>Some teenagers never fully examine traditional values, which leads to</li> </ul>	
*	Some teenagers never fully examine traditional values, which leads to foreclosure.	
*	Some teenagers never fully examine traditional values, which leads to foreclosure.	

Bob's father is an engineer. Bob was always encouraged since he was a very young child to follow in his father's footsteps.

	•
<u>Negative Identity</u>	
• The <u>negative identity</u> is taken on with rebellious	
This identity is formed by direct rebellion and	
the fact that the child cannot find alternatives	
that are truly their own.	
THINK	
11	
Identity Diffusion	
• Other adolescents experience identity diffusion where	
where	-
·	
They usually have difficulty completing school,	
finding a job and thinking about the future.	
I landita Manataniana	
<u>Identity Moratorium</u>	
• In the search for identity some teens need	
a time-out, which is seen in <u>identity</u> moratorium.	
moratorium.	
* \	
<b>**</b>	



The most obvious example in the U.S is college, which requires students to sample a variety of academic areas before concentrating on one.

### Psychological Well-Being

- Identity achievement and moratorium are psychologically healthy routes to a mature self-definition
- Identity foreclosure and diffusion are maladaptive routes
  - Individuals are likely to have adjustment difficulties

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### On Your Own

- Read about Adult Personality
   Development (p.412 415)
  - Stage-Crisis View
  - Life-Events Approach
- Read about Generativity (p.415 416)

