



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

Infants have a basic sense of self...
How would we know that infants recognize themselves in a mirror?

The Rouge Test

- The mother places a red mark on her infant's nose and then the infant is placed in front of the mirror
- 12-month-olds:
 - Touch the red mark on the mirror, showing that they notice the mark on the face in the mirror
- 15-month-olds:
 - Infants see the red mark in the mirror, and some then reach up and touch their OWN noses
- 24-month-olds:
 - Infants see the red mark in the mirror, and all then touch their OWN noses

Who am I ?

- Toddlers gradually develop an awareness that they are individual.
 - This awareness becomes the Self Concept
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- "I am a girl/boy"
 - "I am a big brother"
 - "I am 4 years-old"
 - "I can tie my shoes!"

Self Concept

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


Self-Understanding in Early Childhood

- By 2 – 3 years:
 - Children can construct narratives of the events in their lives
- - 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"



Self-Description

- 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

- By elementary school, children engage in social comparison
 - _____
 - _____
 - They pay more and more attention to discrepancies between their own behavior and others' behavior
- By middle to late elementary school, children use higher-order _____
 - "I am helpful"
 - "To be popular, I have to be nice and keep secrets"

Self-Description

- I'm a human being. I'm an 11-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...

Adolescents' self-understanding is more abstract, more psychological, and sees the self as evolving over time.



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



Less possible selves?

- As adults get older, the possible selves they imagine becomes more attainable and realistic.



Life review is engaged in most by middle-aged adults and involves looking back at one's experiences, evaluating them and interpreting them



Next Class

-How does Self-esteem develop?
Theories about Identity Formation
