



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	1	2	3	4	5	6	Very Satisfied
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- 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

- Add up the numbers for each of the 10 items. This is your total self-esteem score.

- High self-esteem: 45-60
- Moderate self-esteem: 25-45
- Low self-esteem: 10-25

Self-Esteem – Childhood

- Self-esteem is at its peak in the preschool years
- Self-esteem drops somewhat when




- Children between 2 and 6 develop very favorable impressions of themselves, in
 - They believe they can win any race, count accurately, sing perfectly.




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



Who Are You?

How does the process of forming an identity unfold?

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

On Your Own Activity...

Who are you?

Describe yourself with regard to each aspect of identity. Think about if you've established a strong sense of self.

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

Crisis: a period of _____

Commitment: a part of identity development in which individuals show a _____

- 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

James Marcia's Identity Statuses

		Has the person made a commitment?	
		YES	NO
Has the person explored meaningful alternatives regarding some identity question?	YES	Identity Achievement	Identity Moratorium
	NO	Identity Foreclosure	Identity Diffusion

Marcia's Identity Statuses

- Identity achievement
- Moratorium
- Identity foreclosure
- Identity diffusion

Identity achievement

- The ultimate status in adolescence is identity achievement.
- Adolescents who achieve identity know _____ t
 hey have learned earlier, but are not bound to any of them.



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.



Negative Identity

- The negative identity 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.



Identity Diffusion

- Other adolescents experience identity diffusion where
- They usually have difficulty completing school, finding a job and thinking about the future.

Identity Moratorium

- In the search for identity some teens need a time-out, which is seen in identity moratorium.



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

On Your Own

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

Next Class

- Chapter 12 – Gender and Sexuality
 - Read about biological, social, and cognitive Influences on gender; gender comparisons and classifications; and gender development through the lifespan (p. 426 – 443)
