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:

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<thead>
<tr>
<th></th>
<th>Very Dissatisfied</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Very Satisfied</th>
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<tr>
<td></td>
<td>Physical maturity</td>
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<td>Academic performance</td>
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<td>Work experiences</td>
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<td>Financial independence</td>
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<td>Family relations</td>
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<td>Peer relations</td>
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<td>Role in community</td>
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<td>Sense of values and religiosity</td>
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<td>Romantic and intimate relationships</td>
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<td></td>
<td>Coping skills</td>
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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

THINK
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

<table>
<thead>
<tr>
<th>Has the person made a commitment?</th>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Has the person explored meaningful alternatives regarding some identity question?</td>
<td>YES</td>
<td>Identity Achievement</td>
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<tr>
<td></td>
<td>NO</td>
<td>Identity Foreclosure</td>
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</tbody>
</table>

### 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 they 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)