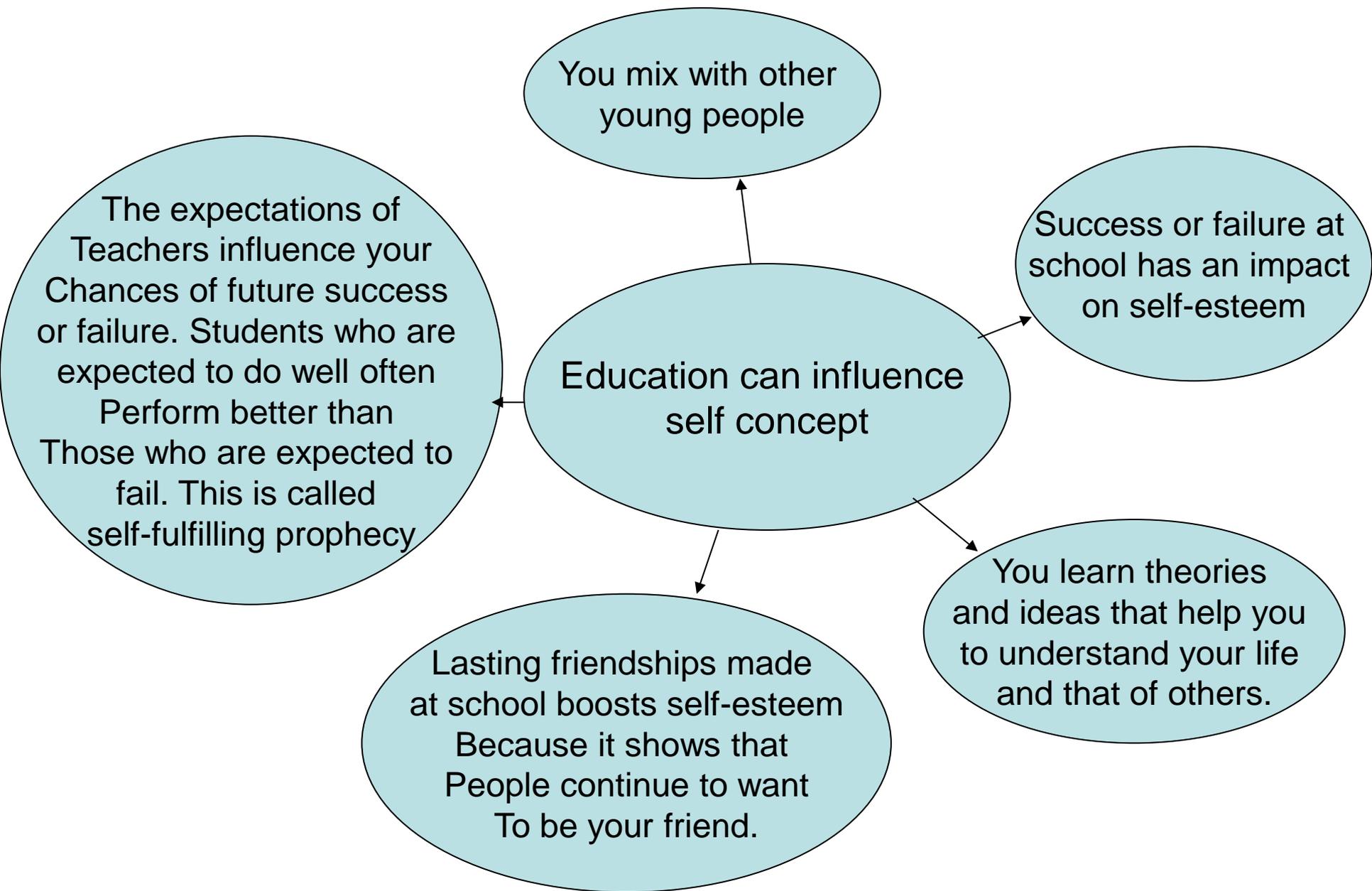


Self- concept

1. Imagine you are eight years old, describe your self-concept at that age.
2. How does appearance affect self concept?
3. How does ideas about gender affect women's careers?
4. What are cultural influences?
5. What are 'norms'?
6. Suggest two norms of British society.

Self-concept

- Try to describe yourself beginning with your physical appearance. Then try to describe your personality including what you see as strengths and weaknesses.
- Swap your description with a friend. Do you think they have described themselves well? How accurately do they think that you have described yourself? What are the differences between your view of yourself and other people's view of you. Put notes in your book.



Self-concept

So far in your life you have formed a relationship with some (if not all) of the following people:

- mother, father or an adult that cared for you when you were a small child
 - Siblings
 - Other family relatives
 - School friends
 - Teachers
 - Family friends and neighbours
1. For each of the people you have formed a relationship with, try to suggest at least one way that they have affected you or taught you something. This is the way these people have contributed to your self-concept
 2. Now analyse the list you have named and comments you have written. Decide which have had the most affect on you and which the least. You are now identifying the relationships that had the most significant effect on the development of your self-concept.