

How

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



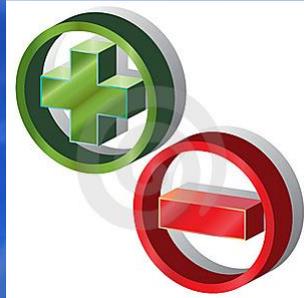
Test Yourself

(1) is not true (3) means usually (5) means always

1. I'm an interesting person
2. I am learning and changing
3. Other people care about me
4. I am unique
5. I can become whatever I want in life
6. I am a kind person
7. I would not trade places with anyone
8. My life is interesting
9. I deserve the best
10. I like being alone at times
11. I look forward to each day
12. Most people like to be with me
13. I like my appearance
14. I have enough friends
15. I can laugh at my mistakes
16. I find it easy to make decisions
17. I have confidence in my judgments
18. I rarely get embarrassed
19. I rarely fly off the handle
20. I express how I feel
21. If a latecomer is served first I protest
22. I'm not bothered if someone watches me
23. It is easy to ask a favor of someone

- **90 or above** - If you answered truthfully you have an especially positive self concept.
- **70-90** - You are probably one of those lucky people who really like themselves.
- **50-69** - You have mixed feelings about yourself. (Shortcomings cause you grief)
- **49 or below** - You are not very happy with yourself. (You are selling yourself short.)

Objectives



- To gain an awareness of what **self-concept** is.
- To state your own positive and negative **self-concepts**.
- To gain knowledge and show understanding of how **self-concept** develops throughout the life stages.
- To describe factors that affect **self-concept** and how they interrelate.



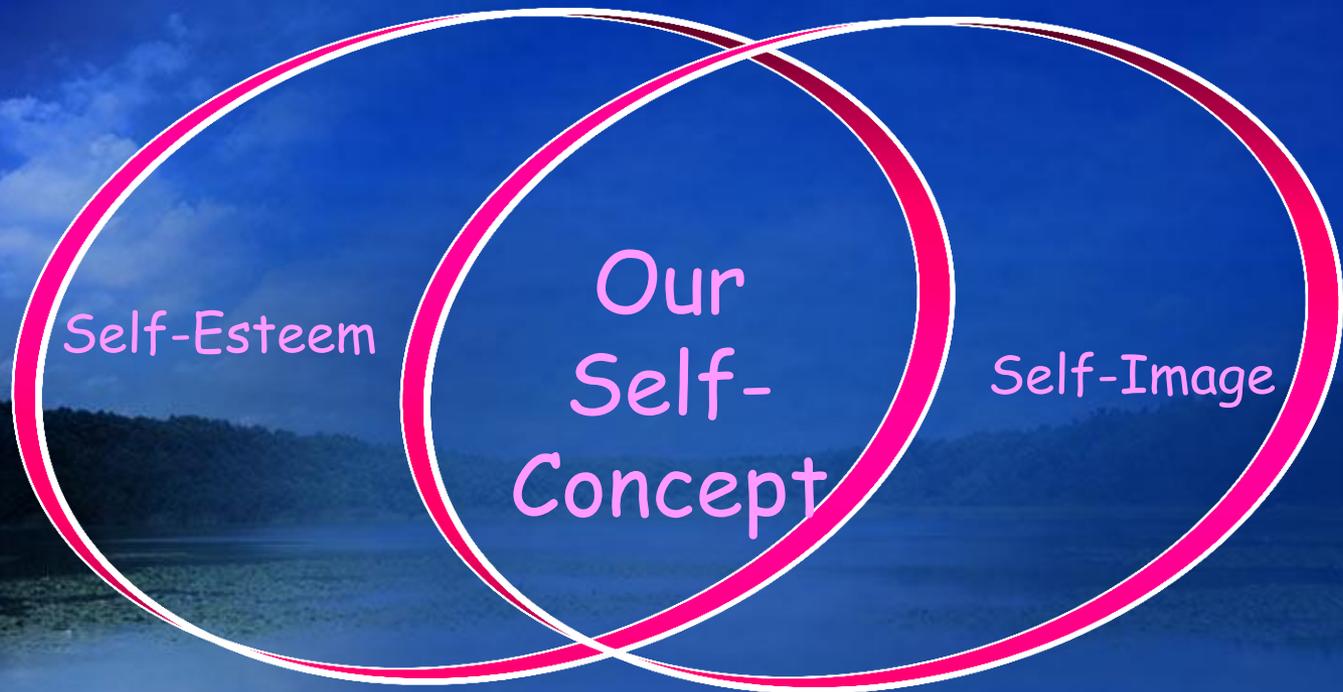


What is Self-Concept?

- **Self concept** is how a person sees themselves
- This includes **self-esteem** - a person's beliefs about their own value (compared with others)
- Also includes **body image**



"How much for the mirror?"

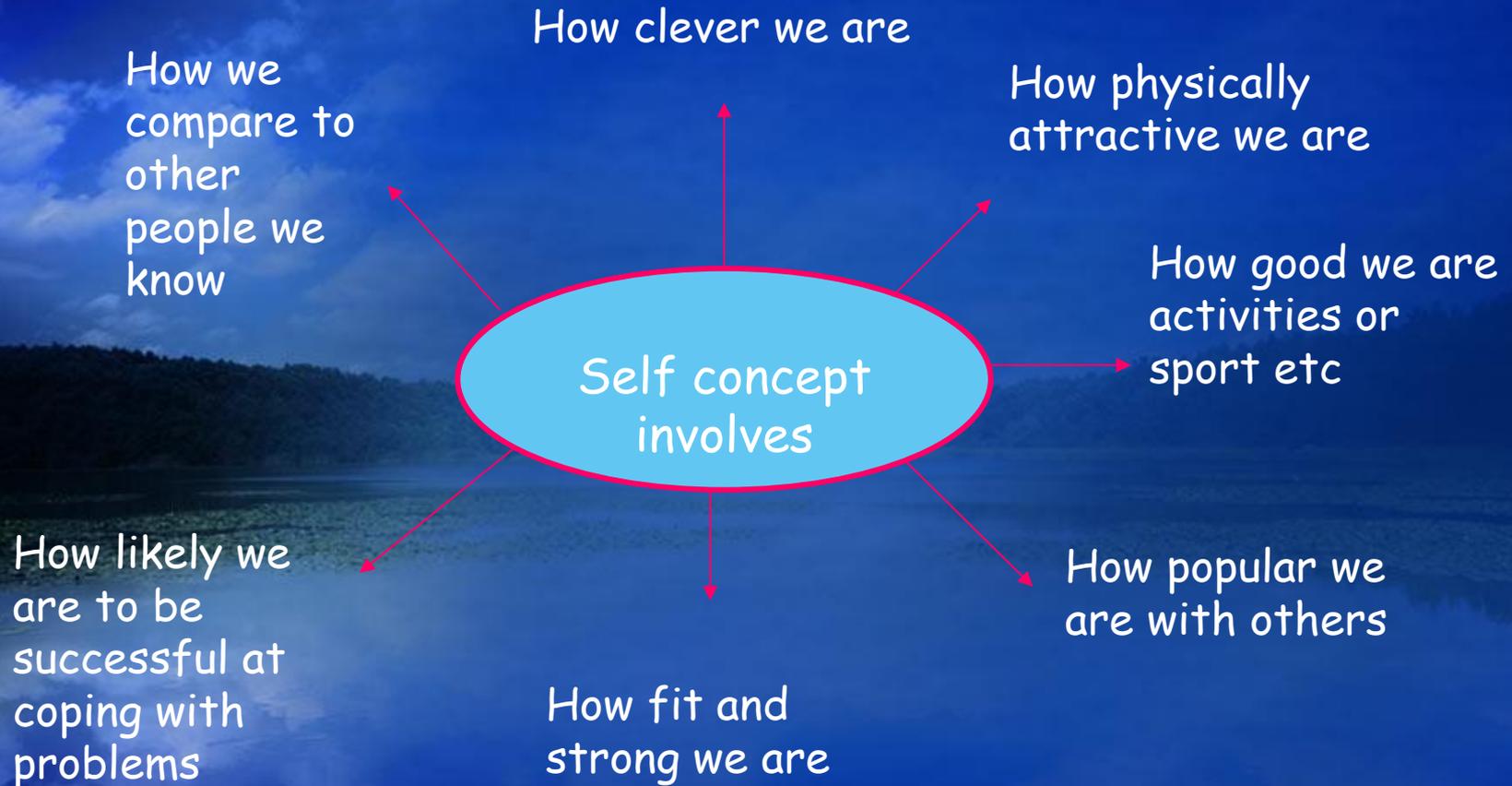


Self-Esteem

Our
Self-
Concept

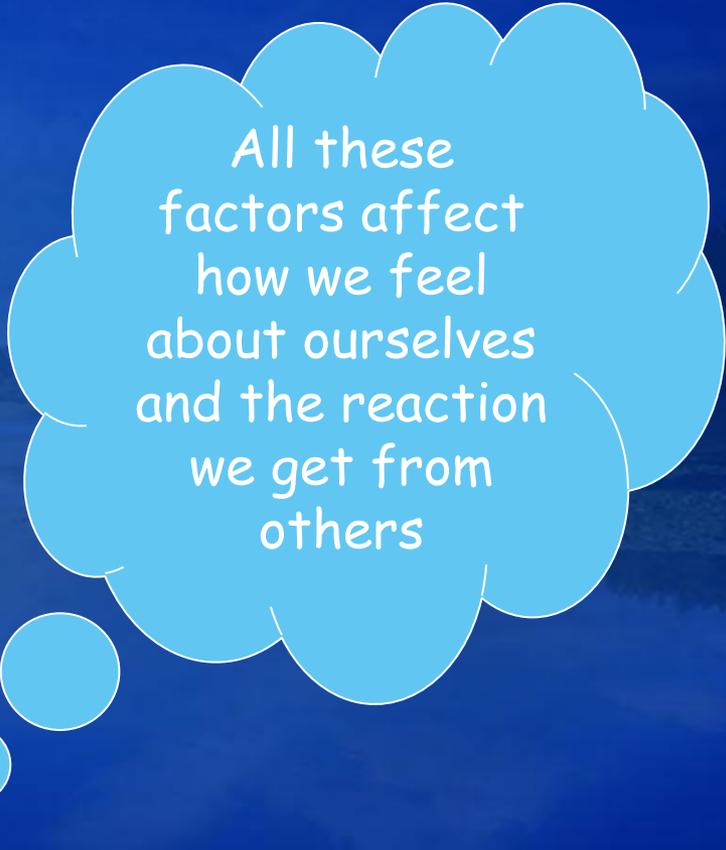
Self-Image

What does self-concept involve?



Factors that affect self-concept

- **L**ife experiences
- **A**ge
- **R**elationships with others
- **G**ender
- **E**motionality maturity
- **C**ulture
- **A**pppearance
- **S**exual orientation
- **E**ducation



All these factors affect how we feel about ourselves and the reaction we get from others

Where does it start?

Patterns of self-esteem start very early in life.

For example, when a baby or toddler reaches a milestone, he or she experiences a sense of accomplishment that bolsters self-esteem.



LEWIS AND
BROOKS-GUNN

- As a child tries, fails, tries again, and then finally succeeds, he or she is developing ideas about his or her own capabilities. At the same time, he or she is creating a self-concept based on interactions with other people.
- Parental involvement is key to helping a child form accurate, healthy self-perceptions.



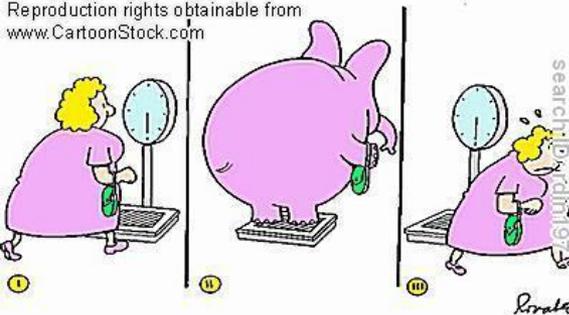
Read the following definitions:

Answer the question in the back of your books

- A** A child's understanding of conservation
- B** A child's knowledge of what he/she is actually like
- C** A child's belief about his/her own value
- D** A child's confidence in him/herself in social situations

- Which one of the above is a definition of self-concept? (1 mark)
- Which one of the above is a definition of self-esteem? (1 mark)

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- A mother notices her child snatching a toy from another child. The mother says, 'You're a naughty girl!'



- Explain why it would have been better to say to the child, it's naughty to snatch things from people. In your answer refer to self-concept and/or self-esteem. (4 marks)

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Do this question
in the back of
your book

How
did
you
do?



- B a child's knowledge of what s/he is actually like. (1 mark)
- C a child's belief about his/her own value. (1 mark)

- Calling the child naughty is likely to lead the child to believe she is naughty; implying that she is expected to behave naughtily.
- Calling the child naughty means she might not understand (alternatively: fails to explain) what she has done wrong/specifying the naughty behaviour helps child to understand (explains) what she has done wrong.
- Specifying the actual behaviour that is naughty (snatching) is more likely to reduce this behaviour in future.
- Focussing the naughtiness on the behaviour rather than the child avoids demeaning or labelling the child.
- **Plus 1 mark** for appropriate link with self-concept and /or self-esteem.
Example answer: Calling a child naughty is likely to lower the child's self-esteem.

Up to 3 marks for explanation, plus 1 for link with self-concept/self-esteem. (4 marks)

L A R G E C A S E

Devise a Powerpoint presentation which looks at the following areas related to Self Concept



You need to make sure that you include both and positive and negative factor for each one.

The following slide is an idea of what I will want for each one of the **LARGE CASE** words.

I will be putting people's names into a hat and pulling them out in the last lesson. This will mean everyone will need to be done in case their name is called.

You will have at least 2 lessons to complete this.

Life experiences

As a person gets older, you experience different things. By getting through each experience you learn to cope with different situations. Each situation can either make you stronger or can get you down. By having lots of experiences you learn more about yourself.

