

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## SELF CONCEPT DEFINED:

Your "self-concept is rather like a mental mirror" and reveals how we feel and think about ourselves physically and emotionally, as well as what we value, what we like and dislike, and what roles we play. In the spaces below, write descriptive words or phrases to describe what composes your self concept.

## ONLY YOU WILL DETERMINE WHAT TO SHARE WITH OTHERS FROM THIS SHEET.

"The self is essentially a social product arising out of experience with people . . . We learn the most significant and fundamental facts about ourselves from . . ."

reflected appraisals," inferences [we make] about ourselves as a consequence of the ways we perceive others behaving towards us." (Psychologists Arthur Combs and Donald Snygg, qtd. in *Understanding Human Communication*, p. 62)



## SELF-CONCEPTS (UHC, pp. 61-62)

What is unique about me?	
What am I most proud of concerning me as a person? As a friend? As a life-partner?	
What physical features/condition do I most like?	
What physical feature/condition do I most dislike?	
What talents do I possess or lack?	
What social traits do I have?  What are my social roles? (friend, lover, parent, child, sibling, etc.)	
What is my intellectual capacity?	

What are my belief systems? (religion, philosophy)	
I do/do not belong to an "out group." This makes me think ____ about myself.	
I am aggressive or passive. This makes me think ____ about myself.	
I identify/do not identify deeply with my culture/ethnicity. This makes me think ____ about myself.	

The term "**reflected appraisal**" describes the impression or image we have of ourselves based on how we think others view us.

Take a stab at it and describe yourself—your identity—your self-concept—in a 3-5 sentences:

**Professor will discuss the following terms:**

Self-Fulfilling Prophecy, pp. 66-68, UHC

Personal Narratives, pp. 71-72, UHC

Perceiving Others, pp. 68-81, UHC

*Self-Theories* (Dweck)