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Psych

Discovering Psychology – Video 15 – The Self Annenberg Learner [2001]

- 1) _____ is an individual's consciousness of his or her own identity.
- 2) In 1890, William James pioneered the scientific study of the self. He postulated three types of self:
 - a. _____ - awareness of the physical world, body, and people and things around us
 - b. _____ - what makes us thinkers; our inner witness to events
 - c. _____ - images of us in the minds of others
- 3) Identify the three parts of the mind according to Freud:
 1. _____ = the primitive, unconscious, instinctual part of the personality where drives and passions originate
 2. _____ = _____

 3. _____ = _____

- 4) Carl Rogers developed a _____ vision of psychological growth and health and saw the self in a more significant way.
- 5) How does the "self" control behavior?
- 6) What do we use to organize ideas about our self? List 2 of these:

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- 7) Albert Bandura devised a theory of *self-efficacy*. What is this? How do those high in self-efficacy differ from those who are low?

- 8) How do we/can we influence one another's social status in different situations?

- 9) Why might depressed people be perceived by others as being inadequate?

- 10) Can you be a "self" by yourself? Why/why not?

- 11) What problems of the self come from prejudice?

- 12) What impact does competition have on creativity?