

Self-Concept

- **Self-concept:** the overall set of beliefs that people have about their personal attributes
 - Who am I?
- **Origins of the self**
 - Rudimentary self-concept
 - Some primates
 - Human infant realizes it is distinct from the rest of the world
 - Humans at 18-24 months can recognize themselves in mirrors
 - At age 2, most children can pick out pictures of themselves
 - Child's self-concept
 - Concrete
 - References to characteristics
 - Maturing self-concept
 - Less emphasis on physical characteristics and skills
 - More emphasis on psychological states/traits and how others judge us
- **Four main functions of the self:**
 - **Self-knowledge:** the way we understand who we are and organize this information
 - **Self-control:** the way we make plans and execute decisions
 - **Impression management:** the way we present ourselves to others and get them to see us as we want to be seen
 - **Self-esteem:** the way we maintain positive views of ourselves

Knowing Ourselves Through Introspection

- **Introspection:** the process whereby people look inward and examine their own thoughts, feelings, and motives
 - Do people you know differ in the extent to which they engage in introspection?
 - Individual differences in private self-consciousness
- We may choose not to rely on introspection very often, but why?
 - Not always pleasant to think about ourselves
 - Not always fruitful
 - Reasons for our feelings and behavior can be outside conscious awareness
- **Self-awareness Theory:** when people focus their attention on themselves, they evaluate and compare their behavior to their internal standards and values

Social Psych Self Concept

Sarah Mercer



Social Psych Self Concept:

Social Psych Self Concept Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Social Psych Self Concept**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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