**Study Guide: Human growth & Development**

**Feldman: Modules 10-1 and 10-2**

**Self & Identity**

1. What is the self? What is the self-concept?

2. What is the dot-of-rouge experiment? How do children indicate self-awareness in it?

How do infants/toddlers from 15-23 months show self-awareness? (Answer: by claiming ownership, using self-referenced pronouns, showing interest in pictures of themselves, etc.)

3. What types of descriptions do preschoolers tend to give of themselves?

4. What happens to self-understanding in middle and late childhood?

5. What is perspective taking?

6. What happens to self-consciousness in adolescence? What are possible selves?

7. Describe the development of self-understanding in adulthood.

8. What is self-worth? (Definition of self-esteem that considers meaning and purpose in life) What are some components or different viewpoints of self-esteem?

9. What are the *real self, ideal self, ought self*, and *wish self*? Who are the *generalized other* and the *great ubiquitous they*?

10. Why is self-esteem a basis for conformity? How do we know from research that Americans are trained to have high self-esteem?

11. Where was the self-esteem movement primarily propagated and about when did it start/

12. On what kind of self-esteem did it focus?

13. What expectations of being responsible for one’s work and the connection between work and success were taught?

14. What was taught as being the most important “thing” or attitude?

15. What was effort considered to be a sign of?

16. You should be able to recognize what attitudes and behaviors resulted from the movement and which ones did not.

17. What is meant by a “backlash” to the self-esteem movement?

18. What is wrong with believing that you are always supposed to be happy? Why should you not base your self-esteem on being the smartest or the best?

19. After 30 years of the self-esteem movement, are college students happier and more confident than in the past?

20. Is the risk of depression and anxiety higher or lower for young people today?

21. Are negative emotions normal/-?

22. What are some major components of identity?

23. What are the two key variables in identity achievement?

24. Describe the paths to identity and how they relate to the key variables.

25. What are the sources of identity? (Family, religion, culture, groups, achievements, etc.)

26. What did Erickson mean by generativity in middle adulthood? What happens to you if you don’t become generative? What are the symptoms of this?