

# Psychology 3201: Introduction to Social Psychology

Elliott Hall Room N119

Monday, October 3

2:30-4:25 PM

## The Self

- The Self

## The self

- Is there a self?

## The self

- How do we know that we have a self?
  - Reflexive consciousness
    - Turning our attention back to ourselves
  - Interpersonality
    - Distinct
    - Affect and are affected by others
  - Agency
    - Regulating and controlling our actions

## The Self

- We think about ourselves quite a bit

## The Self

- *"I'm just not happy here in Minnesota. I'm a laid back person who loves the outdoors and having a good time. People are like that in Boulder. I'd like to move there. I think I'll find myself there."*

## The Self

- *"I derive immense satisfaction from reaching goals. I also need to work by myself about half the time...My job has no goals. No projects, no alone time. Consequently, my job is sucking the life out of me. I need to fight this burnout, and do what I am designed to do"*

## The Self

- We think about ourselves quite a bit
- We have access to lots of information about ourselves
  - We are aware of our situation, and ourself throughout time

## The Self

- We think about ourselves quite a bit
- We have access to lots of information about ourselves
  - We are aware of our situation, and ourself throughout time
- The self is a potent aspect of our existence
  - Self-reference effect

## The Self

- What is the nature of the self?

## The Self

- *"I'm just not happy here in Minnesota. I'm a laid back PERSON who loves the outdoors and having a good time. People are like that in Boulder. I'D like to move there. I think I'LL find MYSELF there."*

## The Self

- *"I derive immense satisfaction from reaching goals. I also need to work by MYSELF about half the time...MY job has no goals. No projects, no alone time. Consequently, MY job is sucking the life out of ME. I need to fight this burnout, and do what I am designed to do"*

## The Self

- William James (1890)
  - “I” and “me”
  - “I” is like a reader
    - “knower” self
    - consciousness or awareness
    - How we think about ourselves

## The Self

- William James (1890)
  - “I” and “me”
  - “me” is like a library
    - “known” self
    - self-concept

## The Self

- “I” and history

## The Self

- “I” and history
  - Medieval Period (before 16th century)
    - Self-concrete: behaviors, kinship, social roles (“village fool,” “king,” “lord,” “blacksmith,” “son of Frederick”)



## The Self

- “I” and history
  - Romantic Period (late 18th, early 19th c.)
    - Self as abstract yet knowable
    - Self-knowledge as means of self-fulfillment

## The Self

- “I” and history
  - 20th Century
    - Self-understanding as means to self-fulfillment
    - Psychological concepts (e.g., personality)
    - Self as unknowable

## The Self

- “I” and culture

## The Self

- “I” and culture
  - “We hold these truths to be self evident, that all men are created equal, that they are endowed by their creator with certain inalienable rights, that among these are life, liberty, and the pursuit of happiness.”  
-Declaration of Independence

## The Self

- “I” and culture
  - “A person of humanity wishing to establish his own character, also establishes the character of others.”  
-Confucius

## The Self

- “I” and culture
  - Independent vs. Interdependent knowing
  - Independent
    - the self is an autonomous entity distinct and separate from others.
  - Interdependent
    - the self fundamentally is connected to, even intermixed with, other people.

## The Self

- “I” and people
  - High self-monitors
    - Think about themselves through others
  - Low self-monitors
    - Think about themselves through themselves

## The Self

- “I”
  - And history
  - And culture
  - And people