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To be aware of oneself is to have a concept of oneself. Baumeister (1999) provides the following self-concept definition: "The individual's belief about himself or herself, including the person's attributes and who and what the self is". The self-concept is an important term for both social and humanistic psychology.

## **Self Concept | Simply Psychology**

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The self is an individual person as the object of its own reflective consciousness. Since the self is a reference by a subject to the same subject, this reference is necessarily subjective. The sense of having a self—or self-hood—should, however, not be confused with subjectivity itself. Ostensibly, this sense is directed outward from the subject to refer inward, back to its "self". Examples of psychiatric conditions

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where such "sameness" may become broken  
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Understanding the Self is a fundamental course in the General Education Curriculum for tertiary education. It is designed to help the students understand the nature of identity including factors that influence and shape personal identity. Today, issues of self and identity are very critical to adolescents. This book was conceptualized to aid undergraduate students develop a more critical and reflective attitude in exploring the issues and concerns of the self and identity for a better and ...

This authoritative textbook introduces a broad range of theoretical perspectives that treat the self as a central concern of social psychology.

"How do we, as human beings, come to understand ourselves and others around us?"

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This question couldn't be more timely or pertinent to the issues facing humanity today. At the heart of most of our world's most troubling political and social problems lies a divergence in perspectives between nations and/or cultural groups. For example, how should we characterize the seemingly intractable divide between Indians and Pakistanis? What lies at the heart of the constant misunderstanding between Israelis and Palestinians? How has the political divide in the United States taken on such polemic divisions? How are we to make sense of the baffling resistance certain groups of people in many nations have to the overwhelming evidence of global climate change? In essence, the divergences in all of these perspectives are related to fundamentally different ways in which groups value their existence and construct a meaningful picture of who they are in relation to others. By drawing on multidisciplinary approaches to social psychological phenomena illustrated in these examples, this book draws together a number of cutting edge researchers and practitioners in psychology and related fields. The discussions in this book both review some of the most significant debates concerning how different groups come to share meanings, and radically advance this discussion in impactful new directions. "--

Argues that human motivation is driven more

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by autonomy than a system of rewards and punishments, and offers insight into how to promote learning by instilling freedom-based practices

Do you know who - and what - you are? Do you know who you're meant to be? Do you know how to find the answers to questions like these? Knowledge of Self is the result of a process of self-discovery, but few of us know where to begin when we're ready to start looking deeper. Although self-actualization is the highest of all human needs, it is said that only 5% of people ever attain this goal. In the culture of the Nation of Gods and Earths, commonly known as the Five Percent, students are instructed that they must first learn themselves, then their worlds, and then what they must do in order to transform their world for the better. This often intense process has produced thousands of revolutionary thinkers in otherwise desperate environments, where poverty and hopelessness dominate. Until now, few mainstream publications have captured the brilliant yet practical perspectives of these luminary men and women. Knowledge of Self: A Collection of Writings on the Science of Everything in Life presents the thoughts of Five Percenters, both young and old, male and female, from all over the globe, in their own words. Through essays, poems, and even how-to articles, this anthology presents readers with an accurate portrait of what the Five Percent study and

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as well as sound direction on how to answer timeless questions like: Who am I, and why am I here? Why is there so much injustice in the world, and what can be done about it? Who is God and where on Earth is he? How do I improve myself without losing myself? Why are people of color in the situations they're in? What can we do about the global problems of racism and poverty?

Why do some people repeatedly injure themselves? How common is this form of self-harm? How can professionals offer appropriate intervention and support to those whose lives are troubled by it, either directly or indirectly? This authoritative and systematic book adopts a holistic approach to the problem of repeated self-injury and the difficult emotions and experiences that it gives rise to. Bringing together theory, research and a wealth of case vignettes, *Understanding Repeated Self-Injury* examines both the psychological and physical aspects of self-injury. The authors explain how deliberate cutting or burning of the skin is used by many as a way to overcome and temporarily escape bad feeling and thus transcend the limits of their identity. In particular, the book - Presents a unifying model for theory and practice, based on the phenomenology of self-injury - Examines the important role of identity and dissociation in perpetuating self-injury - Considers the wider impact of self-injury on family and

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University, and on staff - Addresses treatment strategies and self-help resources Each chapter draws on the authors' considerable clinical experience across a range of contexts, and is written with professionals and trainees particularly in mind. This book is an essential introduction and indispensable resource for those working, or considering to work, in counselling, therapeutic and health care settings where they are or might be confronted with the complexities of self-injury.

Self-efficacy, or believing in oneself, is an important tool to help young people achieve their goals. Readers will learn about how they can use confidence, a can-do attitude, motivation, and their experiences to increase their chances of success in real-life scenarios. This book highlights important skills for social and emotional learning (SEL), such as recognizing strengths and fostering self-confidence, that are outlined in the CASEL core competencies program. This guidebook gives readers the tools and strategies they need to practice self-efficacy in their everyday lives.

This new, updated edition provides a lively, lucid and compelling introduction to contemporary controversies over the self and self-identity in the social sciences and

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In an accessible and concise format, the book ranges from classical intellectual traditions of symbolic interactionism, psychoanalysis and Foucauldian theory, through feminism and postfeminism, to postmodernism and the mobilities paradigm. With characteristic verve and clarity, Anthony Elliott explores the relationship between power, identity and personhood, connecting varied theoretical debates directly to matters of contemporary relevance and urgency, such as identity politics, the sociology of personal relationships and intimacy, and the politics of sexuality. This edition also includes a new chapter on the digital revolution, which situates the self and work/life transformations within the context of AI, Industry 4.0, advanced robotics and accelerating automation. Offering thoughtful entry points to a rich and complex literature, along with robust critical responses to each theory, *Concepts of the Self* will continue to be an invaluable text for students of social and political theory, sociology, social psychology, cultural studies, and gender studies.

The need for dark matter and dark energy are removed by the introduction of observations of galaxies and stars at cosmic distances to be added to the observations of planets in our solar system. When cosmic observations that were not available to Newton are

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Included, the result is a new universal model of gravity also valid for the cosmos and also the solar system, without change. When applied to the existing cosmic observations and solar system observations, the resulting Universal Law of Cosmic Gravity by Aisenberg explains cosmic observations and reduces to Newton's law in the solar system. Hubble observed that redshifts increased with distance but without proof suggested that the redshift and the Doppler effect showed that the galaxies were receding and that the universe was expanding. This led to the wrong belief in the big bang but without observational proof of receding velocity. We will show that the age of the cosmos is wrong, explain tired light, solve Olbers' paradox about the dark sky, and remove the need for inflation. We will explain the cosmic microwave background (CMB), explain quasars and black holes, and why the cosmos is apparently closed. The latest Nobel Prizes (1978 and 2011) for Physics should be reexamined. The author, Dr. Sol Aisenberg earned a PhD in Physics from MIT, with a minor in math, was a part time staff member in the MIT physics department and in the Research Lab of Electronics, RLE, and was a part-time lecturer at the Harvard Medical School and a part-time visiting research professor of bioengineering in Boston University. Aisenberg was elected to the Phi Beta Kappa, Sigma Xi (science), and Pi Mu Epsilon (math) honor societies.

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