

PsychSoc

Identity and Personality

Evaluation of Self

Self-concept: Sum of factors in which we describe ourselves (exisential + categorical)

Self-esteem: evaluation of ourselves

Self-efficacy: evalation of ourself to complete a specific task

Locus of control: either internal (our choices matter) or external (outside factors matter)

Carl Rogers beleived that self-concept is made up of self-image, self-esteem, and ideal-self

Social Identity Theory: People's personal identity is formed partially from their social identity

Theories of Development

Freud's Stages of Psychosexual Development

Stage	Age	Focus of Libido	Development	Adult Fixation
Oral	0-1	Mouth	Feeding	smoke, bite-nails, over-eat...
Anal	1-3	Anus	Toilet Training	orderliness and messiness
Phallic	3-6	Genital	Oedipus/Electra	Sexual Problems
Latent	6-12	N/A	Social Skills	N/A
Genital	12+	Genital	Sexual Maturity	Mentally Healthy

Theories of Personality

Psychoanalytic: The cumulation of the id (pleasure seeking impulses), the superego (moral conscience), and ego (the mediation bewtween two).

Humanistic: Personality comes from their free will and

personal growth. Look in a more total view of a person

Trait: Determined by measuring certain traits

Social-Cognitive: Formed through a mixture of our trait, our interactions with others, and our enviroment

Biological: Determined by genetics and other biological attributes

Behavioral: Learned through stimuli and responses

Psychotherapeutic Approaches

Cognitive-behavioral therapy: View person as a whole and change their thoughts (cognition) in general

Psychoanalytic therapy: Bring up and resolve unconscious thoughts from the id, ego, superego struggle

Humanistic therapy Help people achieve self actualization, achieve their ideal self

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