

# Philosophy

Socrates - first martyr of education, knowledge, and philosophy

- "knowing oneself"

- Socratic method - asking and answering to stimulate critical thinking to draw out ideas and underlying presumptions

Plato - father of academy

- a person who is a follower of truth and wisdom will not be tempted by vices and will always be correct/moral/ethical

- Three parts of soul:

1. Appetitive - desire and satisfaction

2. Spirited - courageous, moral

3. Rational - thinks and plans for future, decides what to do

St. Augustine - God encompasses us all

- understand oneself through internal questioning and introspection

Rene Descartes - father of modern philosophy

- methodical doubt - continuous process of questioning

- cogito ergo sum (I think therefore I am)

- modern dualism - separate mind and body

John Locke - father of classical liberalism

- tabula rasa (blank slate)

David Hume - empiricism, skepticism, and naturalism

- there is no permanent self, self is the accumulation of different impressions

Immanuel Kant - transcendental apperception - essence of

consciousness that provides basis for self

Sigmund Freud - father of psychoanalysis

- Three aspects of personality:

1. Id - child aspect, satisfaction and gratification

2. Super ego - conscience, justice, and morally right

- Levels of consciousness

1. Conscious - memory of memories, easily accessible

2. Pre-conscious - middle part, accessible with difficulty

3. Unconscious - hard to access

Ryle  
Gilbert Ryle - behaviorist approach, self-behavior is the behavior

1. presented by the person

- ghost in the machine

Paul Churchland - the brain is the self

- eliminative materialism and neural pathways

Maurice Jean-Jacques Merleau-Ponty - existentialism and

phenomenology, phenomenology of perception

- mind and body is one and same

Thomas Aquinas - most eminent 13th century scholar and

stalwart of physical philosophy

- man is composed of matter (common stuff) and form (essence of things) (hylé) and form (morphé)

- soul is what animates the body and makes us human

## Sociology

George Herbert Mead - theory of self

- self awareness - how we see ourselves

- self image - how other sees us, limitation

- "I" - spontaneous, subjective, and acting in the world

- "Me" - object, aggregate combined image of self

Henry de Saint-Simon - historic founder of French Socialism

- The social aim is to produce things useful in life

- "Society of science"

Herbert Spencer - synthetic philosophy - encompasses realms

of physical, psychological, biological, sociological, and ethical

David Emile Durkheim - french sociologist, established

academic discipline with Marx and Weber

- acceptance of sociology as legitimate science

- Sociology of Knowledge - how concepts and categories of logical thought could arise out of social life

- Collective representations - symbols and images that come to represent the ideas, beliefs, and values

Albert Bandura - self efficacy - belief of people's capabilities

~~performance~~ produce designated levels of performance

- social learning theory

Karl Marx - theory of self-estrangement <sup>or</sup> self-

Alienation = "the alienation of man's essence, man's loss

of objectivity and his loss of realness as self-discovery,

manifestation of his nature, objectification and reali-

zation. | Exercise self imagination

Max Weber - iron cage - the bureaucratic structures that

trap individuals in rational rules

Lewis Morgan - The League of the Ho-tle-no-squ-nee or

Iroquois



## Anthropology

- the study of what makes us human
- emerged from European imperial ambitions in the 18th and 19th century
- early focus on identifying weaknesses of other cultures for exploitation
- emphasis on the significance of groups living and institutions in ~~shaping~~ self-identity
- "see scientific study of human beings, their origins, development, behavior, and societies"
- encompasses various sub disciplines including cultural anthropology, physical anthropology, linguistic anthropology, and archaeology

Golem effect - ↑ expectation <sup>from others</sup> → high/low performance

• William James is an American psychologist and philosopher

- Two aspects of self:

1. I - subjective and active aspect of self
2. Me - objective and social aspect of the self

↳ Three categories of Me:

1. Material self - external aspect of identity (body, family, clothes, money) - what one owns
2. Social self - who you are in specific social situation
3. Spiritual self - internal disposition and psychological characteristic - who we are at our core (personality, values, conscience)

• Carl Rogers - schema, American Psychologist<sup>†</sup>, proponent of Humanistic Psychology and Non-directive Psychotherapy or Person-centered therapy

- self schemas - our organized system or collection of knowledge about who we are

- unconditional positive regard - accepting and supporting another exactly as they are, without evaluating or judging them.

Identity and Self

• Identity - personal characteristics, social roles, responsibilities, affiliations

• Self-concept<sup>†</sup> - how someone thinks about or <sup>perceives</sup> themselves

Self concept / self schema composed of 3 things

1. Self image (real self) - who are you at present
2. Ideal self - who you like to be (future)
3. Ought self (self-esteem, self-worth) - who you think you should be

Self-esteem and self-worth - refers to the extent which we like, accept, or approve of ourselves (self value)

## Psychology

Three faces

• For the world <sup>3rd</sup> | For friends/families <sup>2nd</sup> | for self (truest reflection) <sup>1st</sup>

Self - sense of personal identity (inner consciousness)

Identity - concept of individual about oneself (self-identity)

- three faces

Self-identity - the belief of what the individual thinks and feels about them

Self-development - continuous process <sup>through lifespan</sup> consciously improving oneself through various means to meet one's potential

Self-representation - how individuals perceive and present oneself, has important implications for socio-emotional functioning throughout the lifespan

William Vant<sup>†</sup> <sup>from Germany</sup> - father of experimental psychology

- humans can alter their lives by altering their attitudes

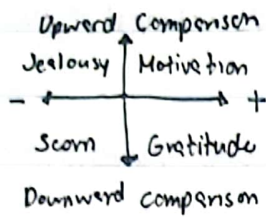
of the mind (William James, 1890)

Pygmalion

Pygmalion effect - high expectations → improve

- low expectations → no improvement

Social Comparison Theory (Leon Festinger) - we learn about ourselves, the appropriateness of our behaviors, as well as our social status by comparing aspects of ourselves with other people



### Self Evaluation Maintenance theory

1. Distance ourselves / redefine relationships with people
2. Reconsider the importance of aspects / skills that you were outperformed
3. Strengthen our resolve to improve

Dunning-Kruger Effect - overestimating self / underestimating certain tasks

### Hierarchy of Needs



- Self-transcendence - top of the hierarchy
- desire to covet something beyond the self

Carver and Schein - Charles Carver and Michael Schein have identified 2 types of self that we can be aware of:

1. The Private Self - internal standards, private thoughts and feelings
2. The Public Self - public image commonly geared toward having a good presentation of yourself to others

• Self-consciousness - self-awareness can be too much that we are concerned about being observed and criticized by others

Looking outside - external comparison that may motivate us or lead to self-doubt

Impostor syndrome - starting to doubt who you are

Looking inside - reflect our desires, aspirations, what truly drives us from within.

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Sigmund Freud - father of Psychoanalysis, Austrian neurologist

• Free association - verbalize every thought that comes to their mind

• Dreams - rich source of unconscious motions

• Libido - sexual drive

• True self vs. False self

• true self - authentic, genuine, and innate aspect of a person's personality, values, and beliefs

• false self - persona or facade that an individual presents to others, often in response to social or situational pressures

### Anthropology (ext.)

Marcel Mauss - French anthropologist

• Self has two faces: *personne* and *moi*

*Moi* - person's sense of who he is (body, identity, biological givenness). Basic identity

*Personne* - composed of social concepts of what it means to be who he is

• Total Social Phenomenon - every sector in a community or society should cooperate to have a well-balanced living

Language - salient part of culture (ingrained)

Clifford Geertz - American cultural anthropologist

• Culture - system of inherited conceptions expressed in symbolic forms by means of which men communicate, perpetuate, and develop their knowledge about and attitudes towards life. "Accumulated totality" of society.