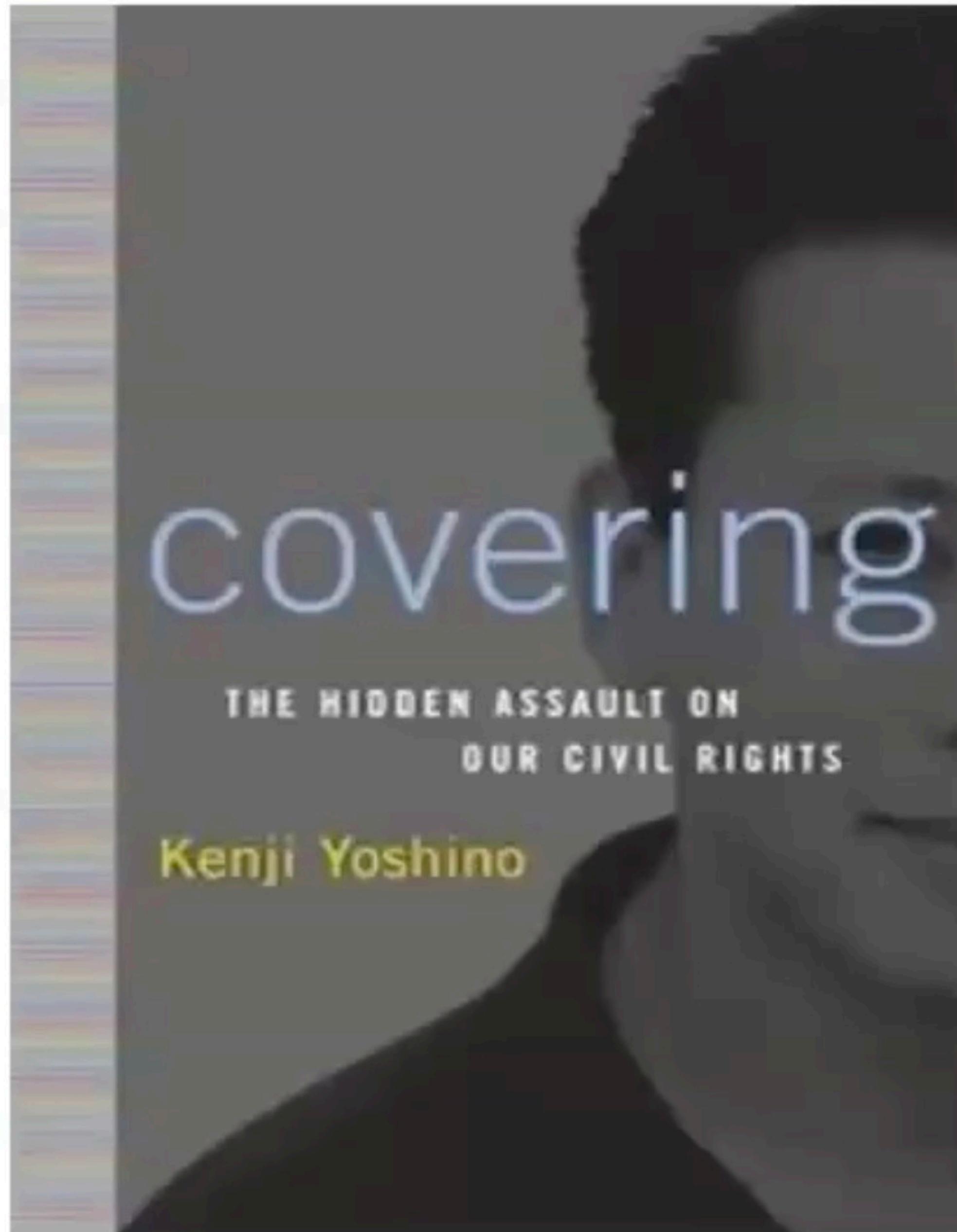
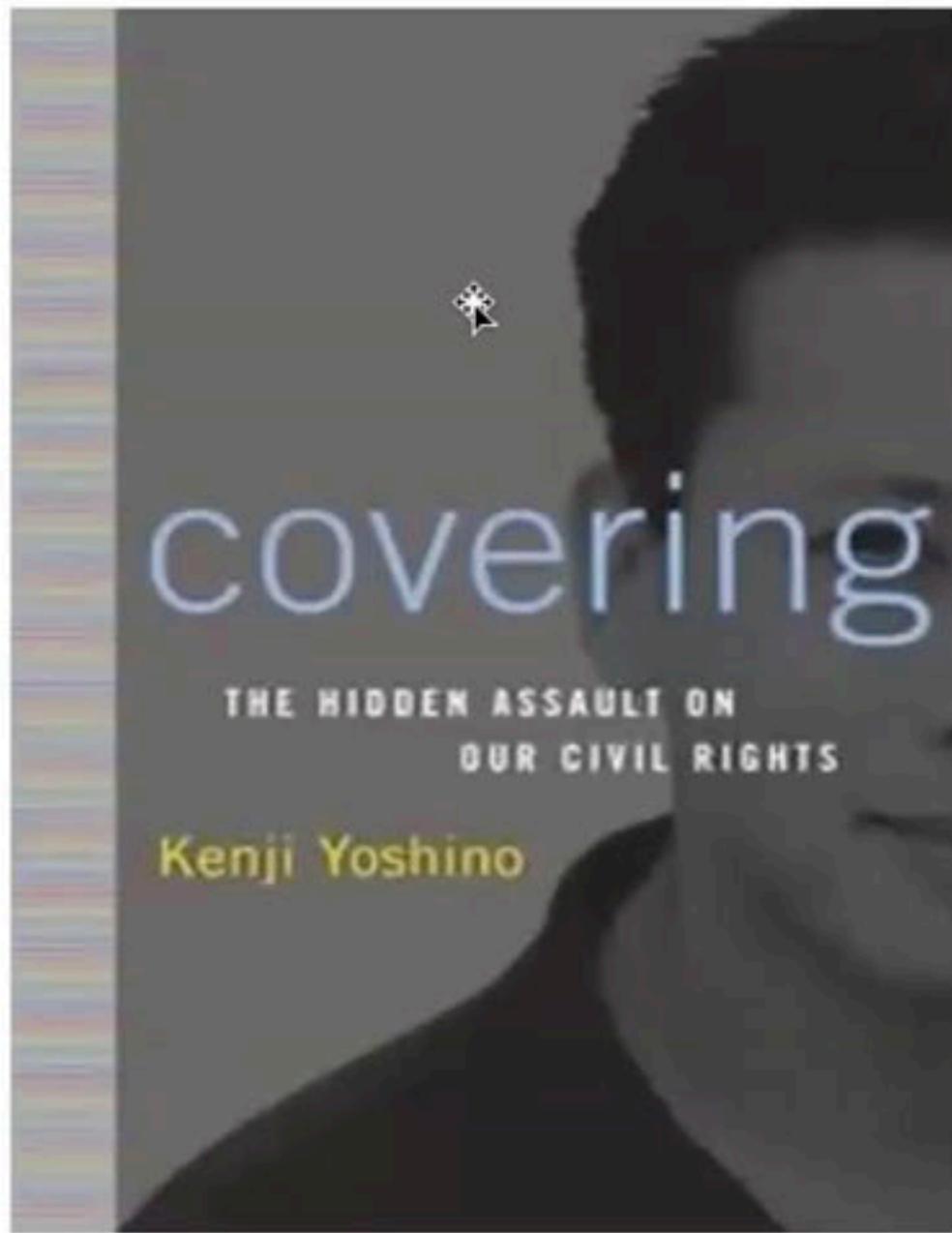


Self-Development



"The act of giving birth to oneself is miraculous and terrifying, but unlikely to be calm."

Annotations



“Our diversity is
our force”

Yoana Land

The Pair Up tool

The screenshot shows a digital classroom environment. On the left, a large white box contains the question: "What was the best learning experience you ever had?". Below the question, a smaller text box asks, "What commonalities do you see with your classmates?". A decorative graphic of overlapping colored arcs (blue, orange, yellow) is visible on the left side of the main question area. On the right, a sidebar titled "PairUp" displays student responses in blue-bordered boxes. At the top of the sidebar are "Vay's Response" (a video thumbnail of a student), "Activity", and "Cah's Response": "A teacher asked us to debate and choose an opinion that we don't hold, so we had to debate in favor of someone else's opinion." Below that is "Your Response": "Hello". At the bottom of the sidebar, there is a call-to-action: "Read the responses, share your thoughts with the class, and scroll down to continue". The bottom of the screen features a navigation bar with icons for "Respond", "PairUp", "View Shareouts", "Live Chat" (with a red notification badge), "Bookmarks", and "Zoom Chat+" (also with a red notification badge).

Vay's Response

Cah's Response

A teacher asked us to debate and choose an opinion that we don't hold, so we had to debate in favor of someone else's opinion.

Your Response

Hello

Read the responses, share your thoughts with the class, and scroll down to continue

Share with Class

Add Text Here

Live Chat Show 1

Bookmarks Show

Zoom Chat+ Show

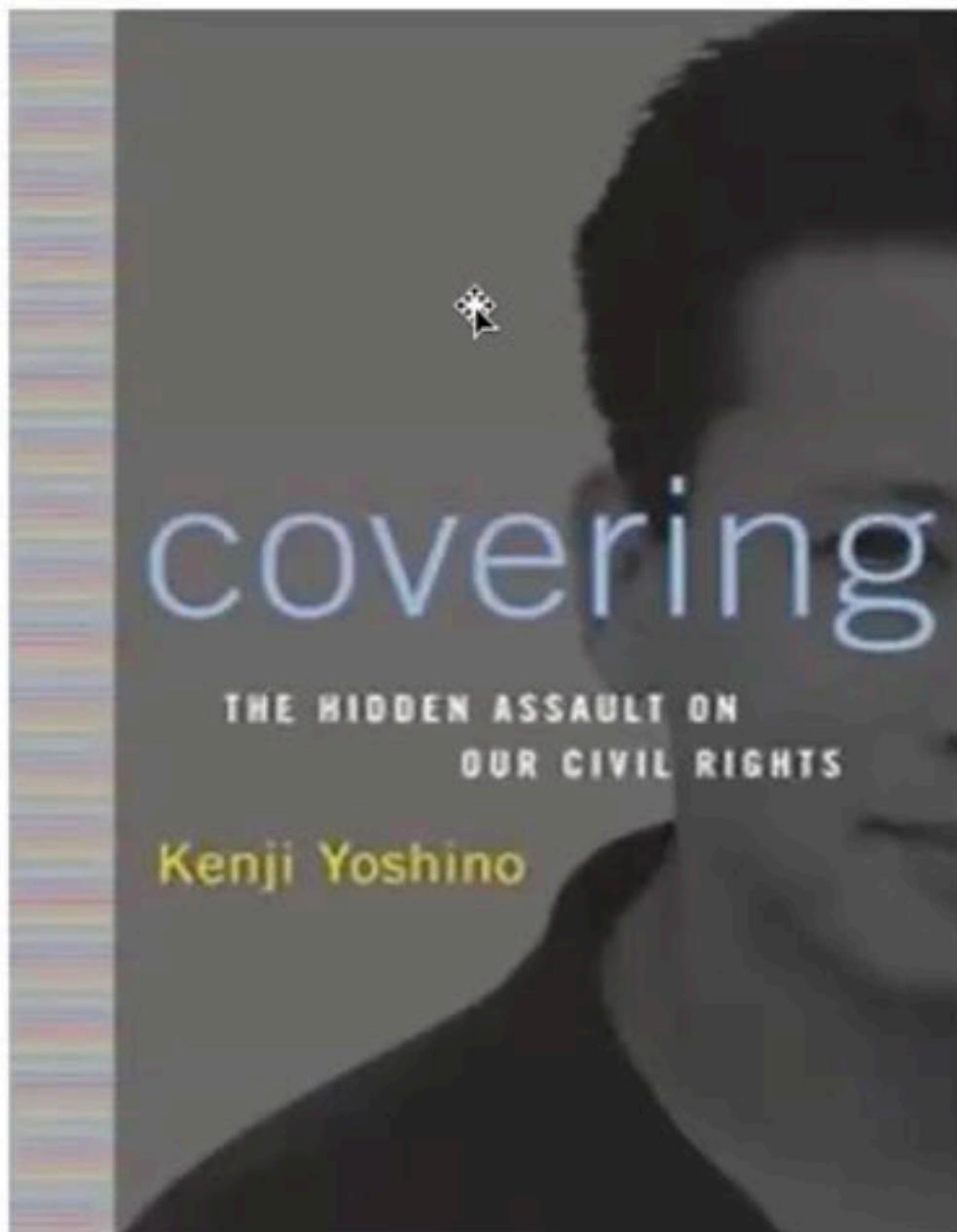
Respond PairUp View Shareouts

Four Levels of Identity Commitment

Identity Level	Description
Identity achieved	Resolved an identity crisis by making identity commitments
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Source: Adapted from Marcia, 1996

Annotations



“Our diversity is
our force”

Yoana Land

Self and Identity X Self and Identity (Spring 2024) X Alice's Theme Danny Elfman Lyr X +

https://canvas.harvard.edu/courses/133255

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PSYC E-1557 Section 1 (25118)

2023-2024 Spring

Home Announcements Course Syllabus Zoom Class Recordings Student Locations Modules Assignments Quizzes Grades Student Resources Course Evaluations Yellowdig

Recent Announcements

Poll: Optional Social Hour Zoom Sessions
Hello! We are very happy to have you as part of our class. We...
Posted on: Jan 27, 2024, 4:03 PM

Vaccine Policy for On Campus Attendance
Dear Students, If you plan to attend any portion of this course...
Posted on:

Welcome!
Dear All, Welcome to our course on self and identity! I am ver...
Posted on: Jan 19, 2024, 12:56 PM

Recent Activity in PSYC E-1557 Section 1 (25118)

3 Announcements SHOW MORE ▾

4 Assignment Notifications SHOW MORE ▾

View Course Calendar View Course Notifications To Do

Welcome! Self and Identity Jan 19 at 12:56pm

Poll: Optional Social Hour Zoom Sessions Self and Identity Jan 27 at 4:03pm

Yellowdig Reflection Portfolio 1 Self and Identity 100 points | Mar 7 at 11:59pm

Group Project Self and Identity 100 points | Mar 25 at 11:59pm

Yellowdig Reflections Portfolio 2 Self and Identity 100 points |

You are currently logged into Student View

Reset Student Leave Student View

Course Modules: Self and Identity X Self and Identity (Spring 2024) X Alice's Theme Danny Elfman Lyric X

https://canvas.harvard.edu/courses/133255/modules

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2023-2024 Spring

Home Announcements Course Syllabus Zoom Class Recordings Student Locations Modules Assignments Quizzes Grades Student Resources Course Evaluations Yellowdig

Week 5 - Self-Presentation.pdf

Week 6 - Self-regulation.pdf

Week 6 - Social Exclusion.pdf

Week 7 - The Self - Self-conscious emotions.pdf

Week 9 - The self -The self and intimate relationships.pdf

Group Project Reading

Week 10 - Social identity and the psychology of groups.pdf

Week 12 - Social Devaluation.pdf

Internalizing the Closet.pdf

Week 14 - Intersectionality

Week 15 - Toward reduction of prejudice.pdf

You are currently logged into Student View

Reset Student Leave Student View

- Self and Identity (Spring 2024)
- Community
- Drafts
- Bookmarks
- Activity
- Member List
- Settings
- Getting Started
- ?
- 🎁
- 🏙
- 🚪

Self and Identity (Spring 2024)

Home / My Communities

This community's points are enabled but have not been configured yet. Please [reach out to the owner](#).

Week 2 Reflection: Development of Self

Pinned post

WK2 (2/1): DEVELOPMENT OF SELF

Anna Leonard Facilitator Last Friday at 1:49 AM EST (Edited Last Sunday at 9:20 PM EST)

Hello, everyone!

In preparation for our Week 2 class and your first weekly reflection assignment, please read the attached materials.

Then, select the blue "create" button on the right side of the page to create a new post, with the topic "WK2 (2/1): Development of Self". Your new, separate post should include:

- 1) A brief analysis of either one or both readings, **and**
- 2) How your analysis applies to a real-world context.

You are welcome, but not at all required, to share personal stories and experiences. Once you are done with your own reflection, please comment on at least two other student reflections.

Since this is your first reflection, we will be providing developmental feedback to guide you for your future postings. We will not be grading you on this reflection.

Search

Filter

Sort

Recent Accolades

There are currently no Accolades assigned in this community.

[Learn more about Accolades](#)

Trending Topics

WK2 (2/1): DEVELOPMENT OF SELF 40 Posts last 7 days

INTRODUCTION 10 Posts last 7 days

WELCOME 5 Posts last 7 days

WK3 (2/8): SELF-KNOWLEDGE 1 Post last 7 days

Self and Identity (Spring 2024) 1

Home / My Communities

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CREATE Filter Sort

Search

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WK2 (2/1): DEVELOPMENT OF SELF
40 Posts last 7 days

INTRODUCTION
10 Posts last 7 days

WELCOME
5 Posts last 7 days

WK3 (2/8): SELF-KNOWLEDGE
1 Post last 7 days

Course Modules: Self and Identity X Self and Identity (Spring 2024) X Self and Identity (Spring 2024) X Alice's Theme Danny Elfman Lyr +

Custom softs loan stretch Self and Identity HOLLIS Stanford professor barbri Ph.D. MTL BSE Proton Gdrive rent RCN Built With Science linkedin Insurance CTscan IDP

https://yellowdig.app/n/extension-school/community/65972de9-eed8-fcb0-5066-f90a07a5bf29

CREATE

Search

Filter Sort

Recent Accolades

Note: Topics are required to submit a post.

Add Topic

Select one or more topics

Search for options...

text, links, images, videos, audio and files. You can use #hashtags, and : to add emojis

HELP

WELCOME

NEWSWORTHY

INTRODUCTION

QUESTION

WK2 (2/1): DEVELOPMENT OF SELF

WK3 (2/8): SELF-KNOWLEDGE

WK4 (2/15): ORGANIZATION OF SELF-CONCEPT

Emoji Draw Poll

Cancel Submit

Trending Topics

WK2 (2/1): DEVELOPMENT OF SELF

40 Posts last 7 days

INTRODUCTION

10 Posts last 7 days

WELCOME

5 Posts last 7 days

WK3 (2/8): SELF-KNOWLEDGE

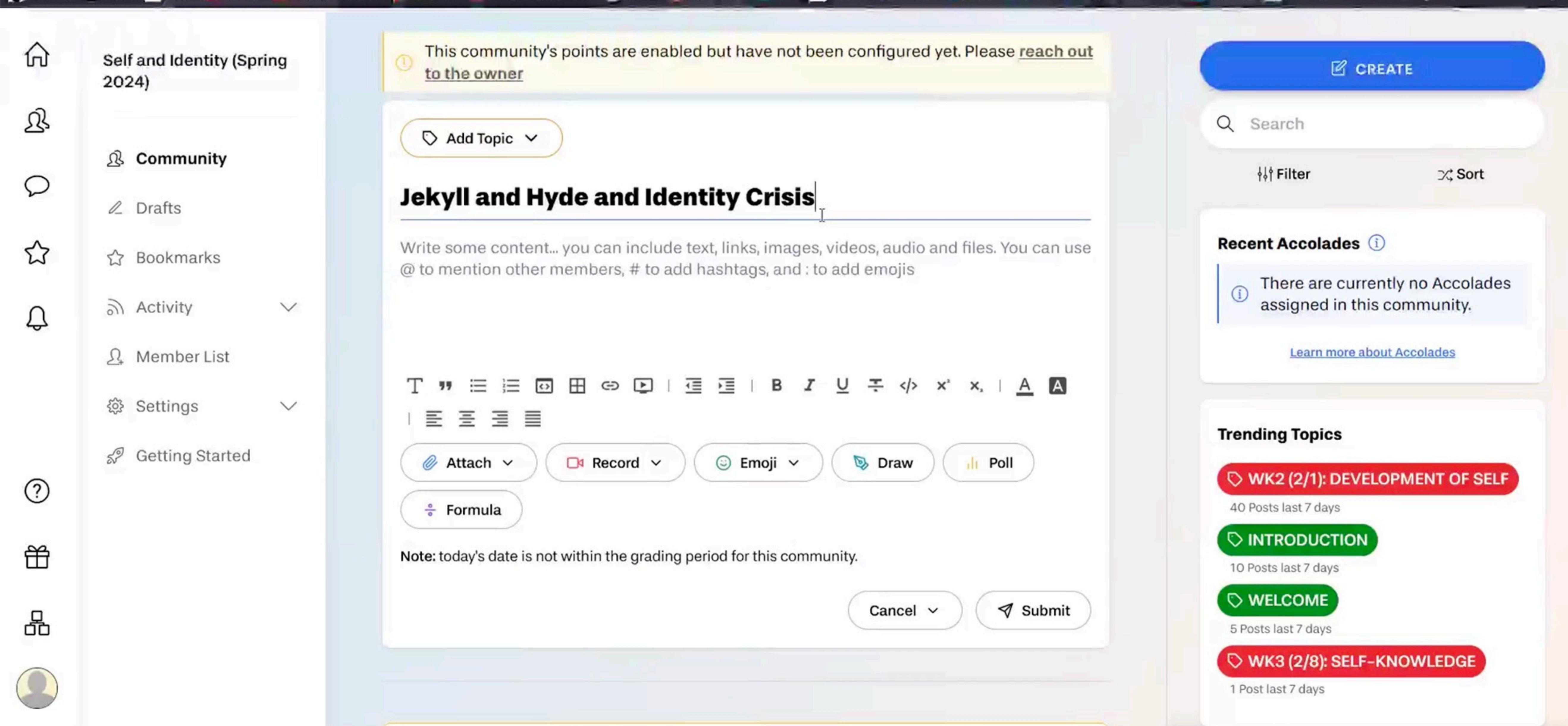
1 Post last 7 days

This screenshot shows a digital platform interface, likely a learning management system or a community forum. The left sidebar contains various icons and links:

- Home icon: Self and Identity (Spring 2024)
- User icon: Community
- Speech bubble icon: Drafts
- Star icon: Bookmarks
- Bell icon: Activity (with a dropdown arrow)
- User icon: Member List
- Gear icon: Settings (with a dropdown arrow)
- Lightbulb icon: Getting Started
- Gift icon: (empty)
- File icon: (empty)
- User profile icon: (empty)

The main content area has the following features:

- A yellow banner at the top states: "This community's points are enabled but have not been configured yet. Please [reach out to the owner](#)".
- A blue button in the top right corner says "CREATE".
- A search bar with a magnifying glass icon and the placeholder "Search".
- A "Filter" button with a gear icon and a "Sort" button with a dropdown arrow.
- A section titled "Recent Accolades" with a note: "There are currently no Accolades assigned in this community." and a link "Learn more about Accolades".
- A "Trending Topics" section with four items:
 - WK2 (2/1): DEVELOPMENT OF SELF (red background, 40 Posts last 7 days)
 - INTRODUCTION (green background, 10 Posts last 7 days)
 - WELCOME (green background, 5 Posts last 7 days)
 - WK3 (2/8): SELF-KNOWLEDGE (red background, 1 Post last 7 days)
- An "Add title" input field with placeholder "Write some content... you can include text, links, images, videos, audio and files. You can use @ to mention other members, # to add hashtags, and : to add emojis".
- A toolbar below the input field with various icons: T, " ", =, =, =, =, =, =, =, B, I, U, =, </>, x², x, A, A, |, =, =, =, =.
- Buttons for "Attach" (blue), "Record" (pink), "Emoji" (green), "Draw" (teal), "Poll" (yellow), and "Formula" (purple).
- A note at the bottom: "Note: today's date is not within the grading period for this community."
- Buttons at the bottom right: "Cancel" (grey) and "Submit" (grey with a paper airplane icon).



Course Modules: Self and Identity X Self and Identity (Spring 2024) X Self and Identity (Spring 2024) X Alice's Theme Danny Elfman Lynn X +

Custom softs loan stretch Self and Identity HOLLIS Stanford professor barbri Ph.D. MTL BSE Proton Gdrive rent RCN Built With Science linkedin Insurance CTscan IDP

https://yellowdig.app/n/extension-school/community/65972de9-eed8-fcb0-5066-f90a07a5bf29

Home Self and Identity (Spring 2024) Community Drafts Bookmarks Activity Member List Settings Getting Started Help

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Add Topic

Select one or more topics

Search for options...

Note: Topics are required to submit a post.

QUESTION WK2 (2/1): DEVELOPMENT OF SELF WK3 (2/8): SELF-KNOWLEDGE WK4 (2/15): ORGANIZATION OF SELF-CONCEPT WK5 (2/22): SELF-PRESENTATION WK6 (2/29): SELF-REGULATION WK7 (3/7): SELF & EMOTION WK9 (3/21): SELF & CLOSE RELATIONSHIPS

Entity Crisis

text, links, images, videos, audio and files. You can use bold hashtags, and : to add emojis

Font style: A, B, I, U, =, </>, x², x₂, A

Emoji Draw Poll

Cancel Submit

CREATE

Search Filter Sort

Recent Accolades

There are currently no Accolades assigned in this community.

Learn more about Accolades

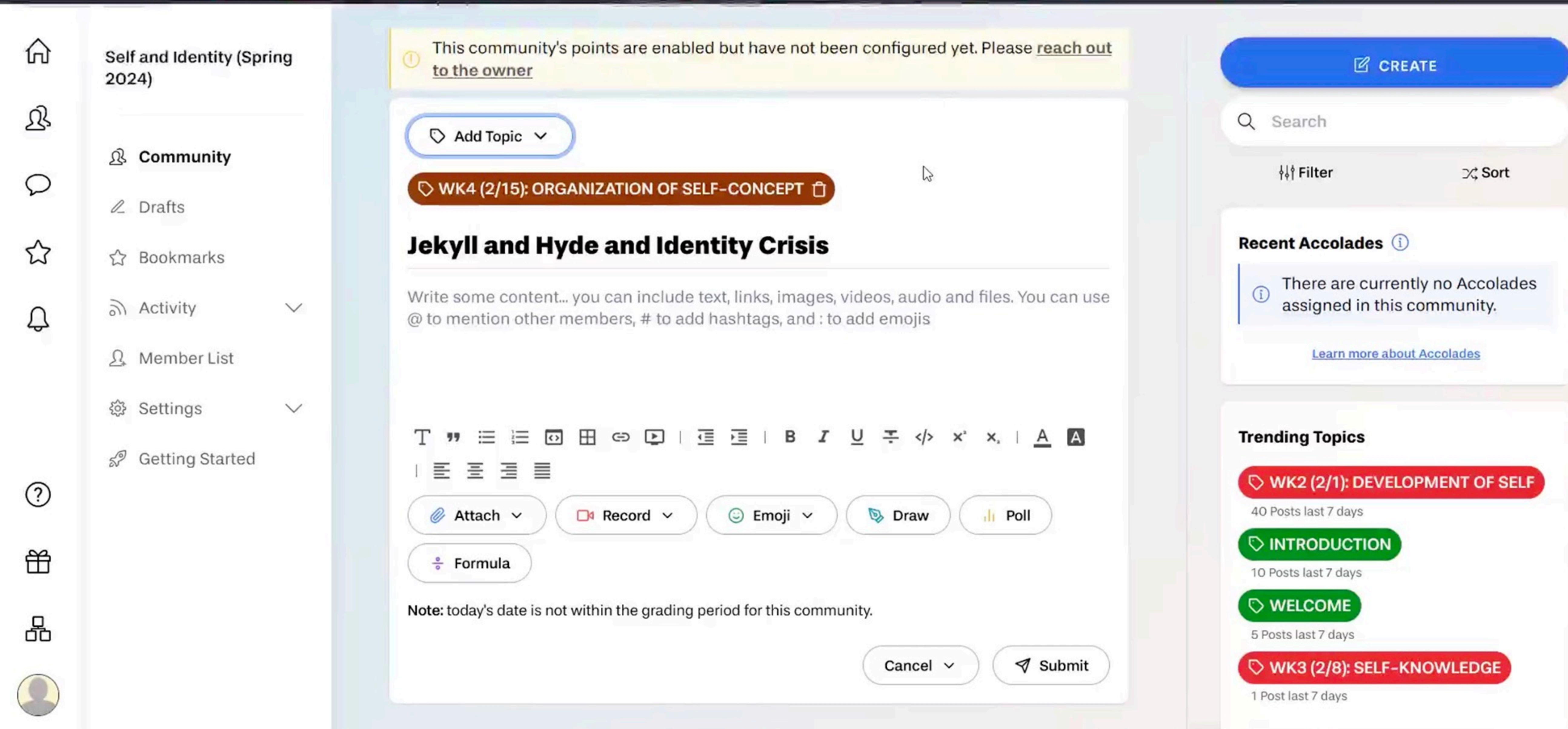
Trending Topics

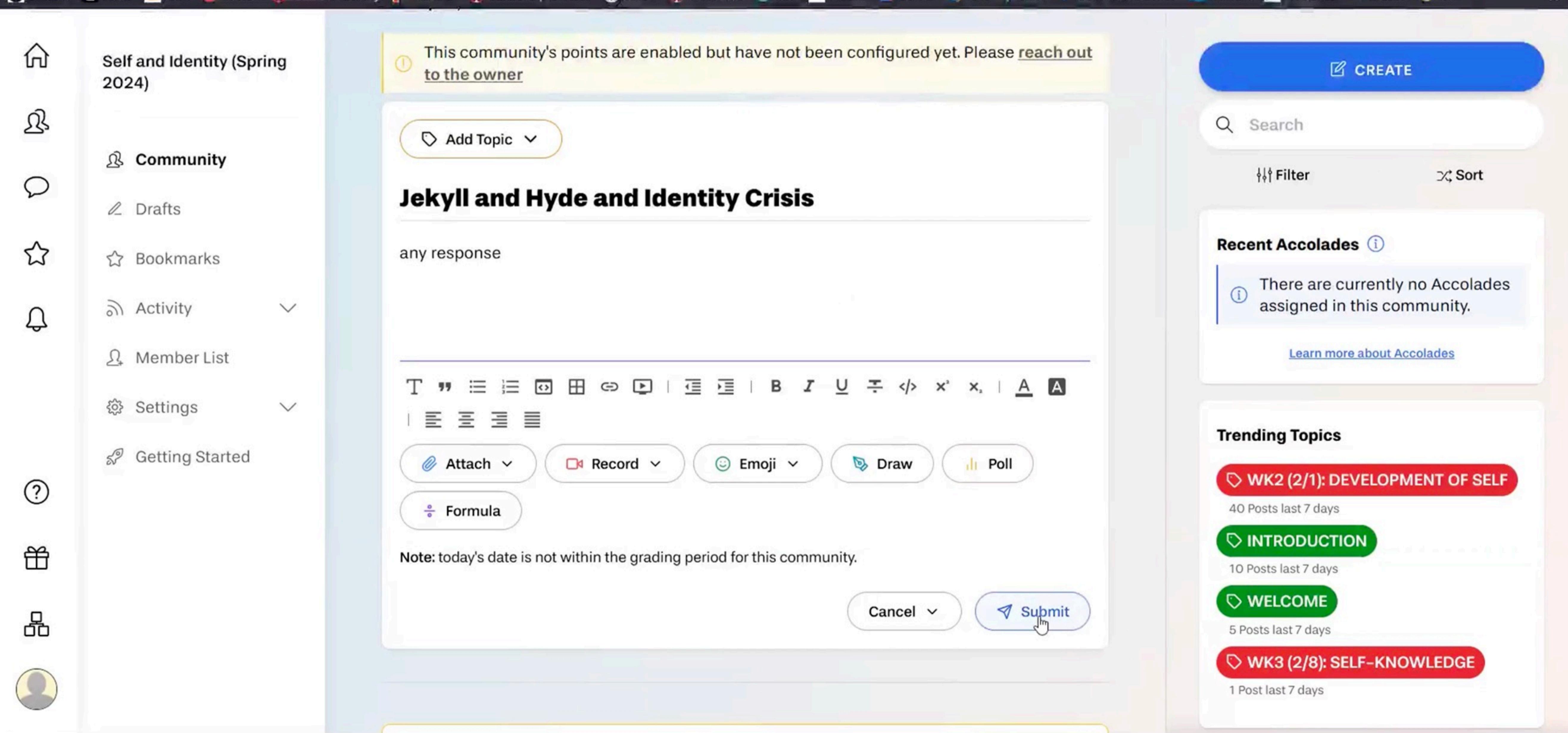
WK2 (2/1): DEVELOPMENT OF SELF (40 Posts last 7 days)

INTRODUCTION (10 Posts last 7 days)

WELCOME (5 Posts last 7 days)

WK3 (2/8): SELF-KNOWLEDGE (1 Post last 7 days)





Course Modules: Self and Identity X Self and Identity (Spring 2024) X Self and Identity (Spring 2024) X Alice's Theme Danny Elfman Lyric X +

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https://yellowdig.app/n/extension-school/community/65972de9-eed8-fcb0-5066-f90a07a5bf29

Self and Identity (Spring 2024)

Community Drafts Bookmarks Activity Member List Settings Getting Started

Week 2 reading 1 (DOC) Week 2 reading 2 (DOC)

Comment Sort (Newest)

Fangqi Zhao Today at 3:21 AM EST

My reading habits for reading assignments is usually find the summaries for the chapter and then do research on the topic online. After that, I would come up with several main questions for the topic and then I would go back to the book to find the answers.

CREATE

Search Filter Sort

Recent Accolades

(i) There are currently no Accolades assigned in this community.

Learn more about Accolades

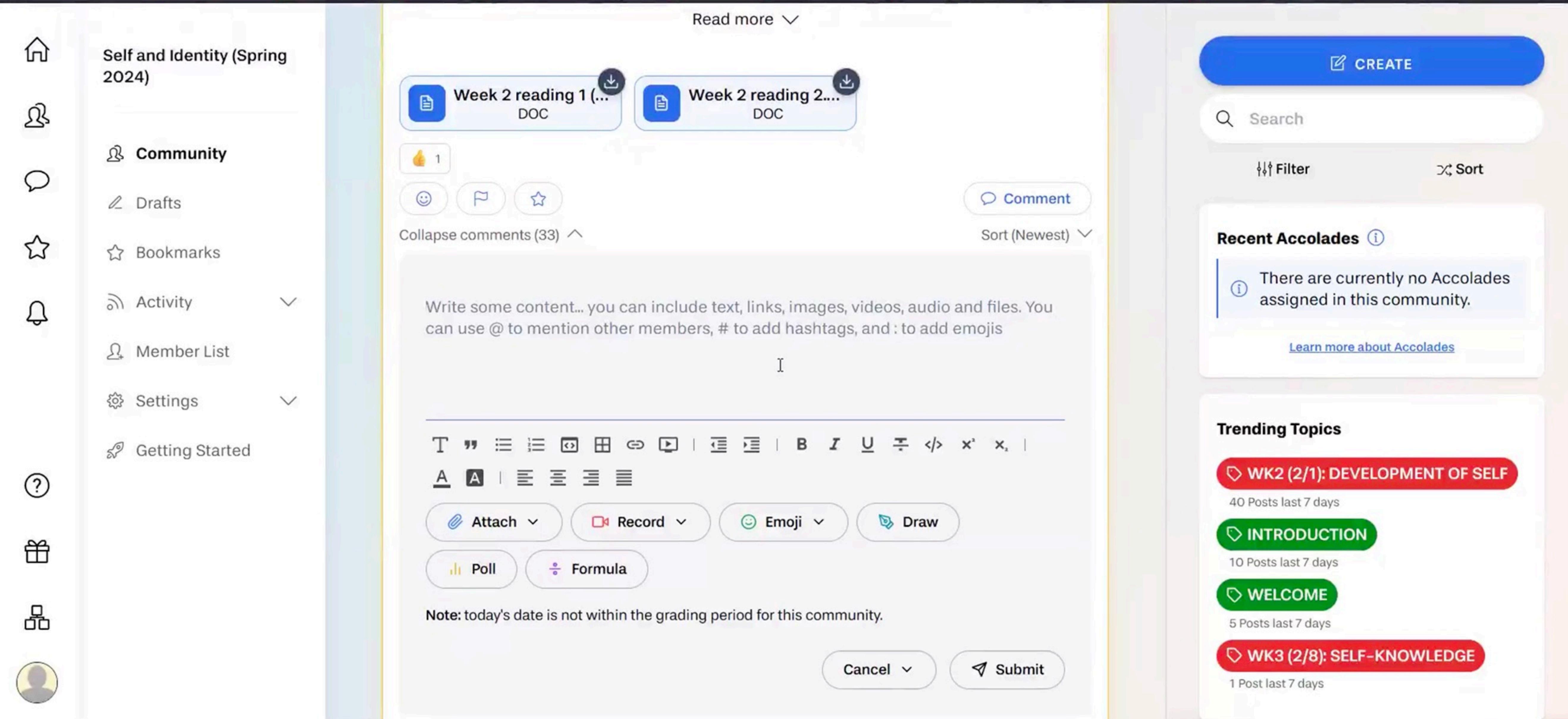
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https://yellowdig.app/n/extension-school/community/65972de9-eed8-fcb0-5066-f90a07a5bf29

Comment

Collapse comments (33)

Sort (Newest)

CREATE

Search

Filter Sort

Recent Accolades

Note: today's date is not within the grading period for this community.

Cancel Submit

Fangqi Zhao Today at 3:21 AM EST

My reading habits for reading assignments is usually find the summaries for the chapter and then do research on the topic online. After that, I would come up with several main questions for the topic and then I would come back to the book to find the answer.

My first question is: How do varying experiences influence individuals' levels of self-

Self and Identity (Spring 2024)

Community

Drafts

Bookmarks

Activity

Member List

Settings

Getting Started

T A

Attach Record Emoji Draw

Poll Formula

Recent Accolades

There are currently no Accolades assigned in this community.

Learn more about Accolades

Trending Topics

WK2 (2/1): DEVELOPMENT OF SELF

40 Posts last 7 days

INTRODUCTION

10 Posts last 7 days

WELCOME

5 Posts last 7 days

WK3 (2/8): SELF-KNOWLEDGE

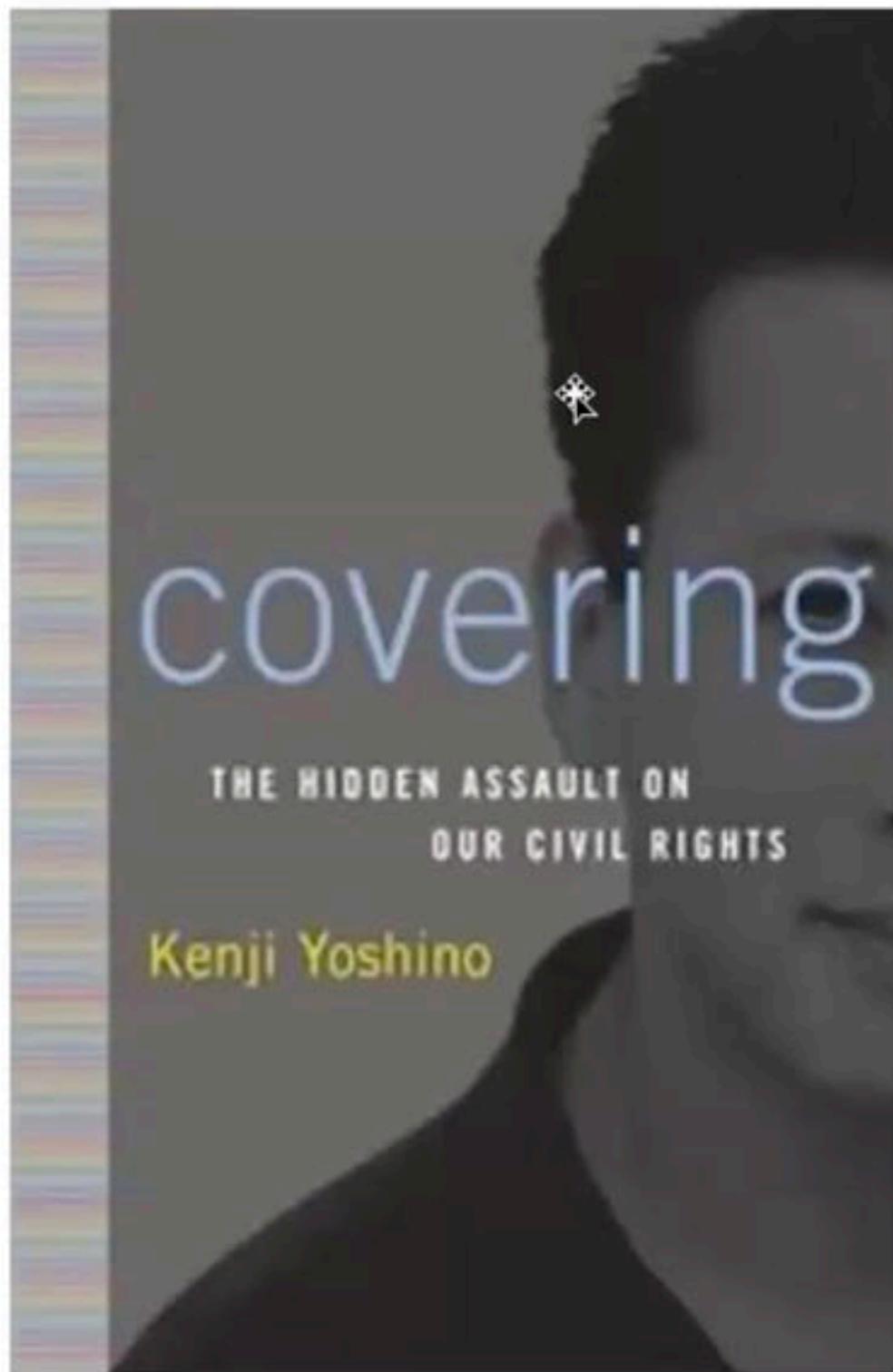
1 Post last 7 days

Four Levels of Identity Commitment

Identity Level	Description
Identity achieved	Resolved an identity crisis by making identity commitments
Moratorium	Actively working toward identity crisis resolution
Identity diffused	Not making progress toward identity crisis resolution
Foreclosure	Made identity commitments without an identity crisis

Source: Adapted from Marcia, 1996

Self-Development



Why do we need to know these theories? There are many applications to it in a real-world: coaching, guiding, psychological, education.

Lana Itlyasheva

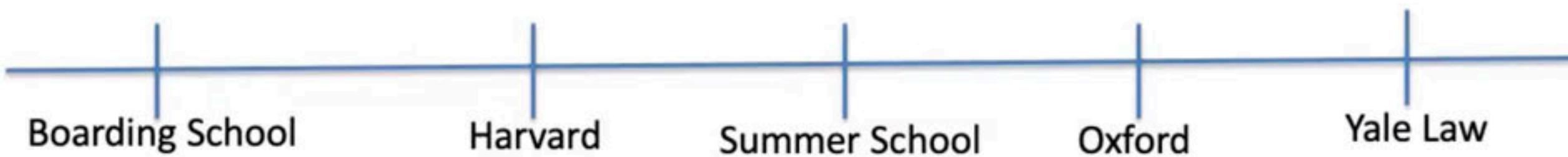
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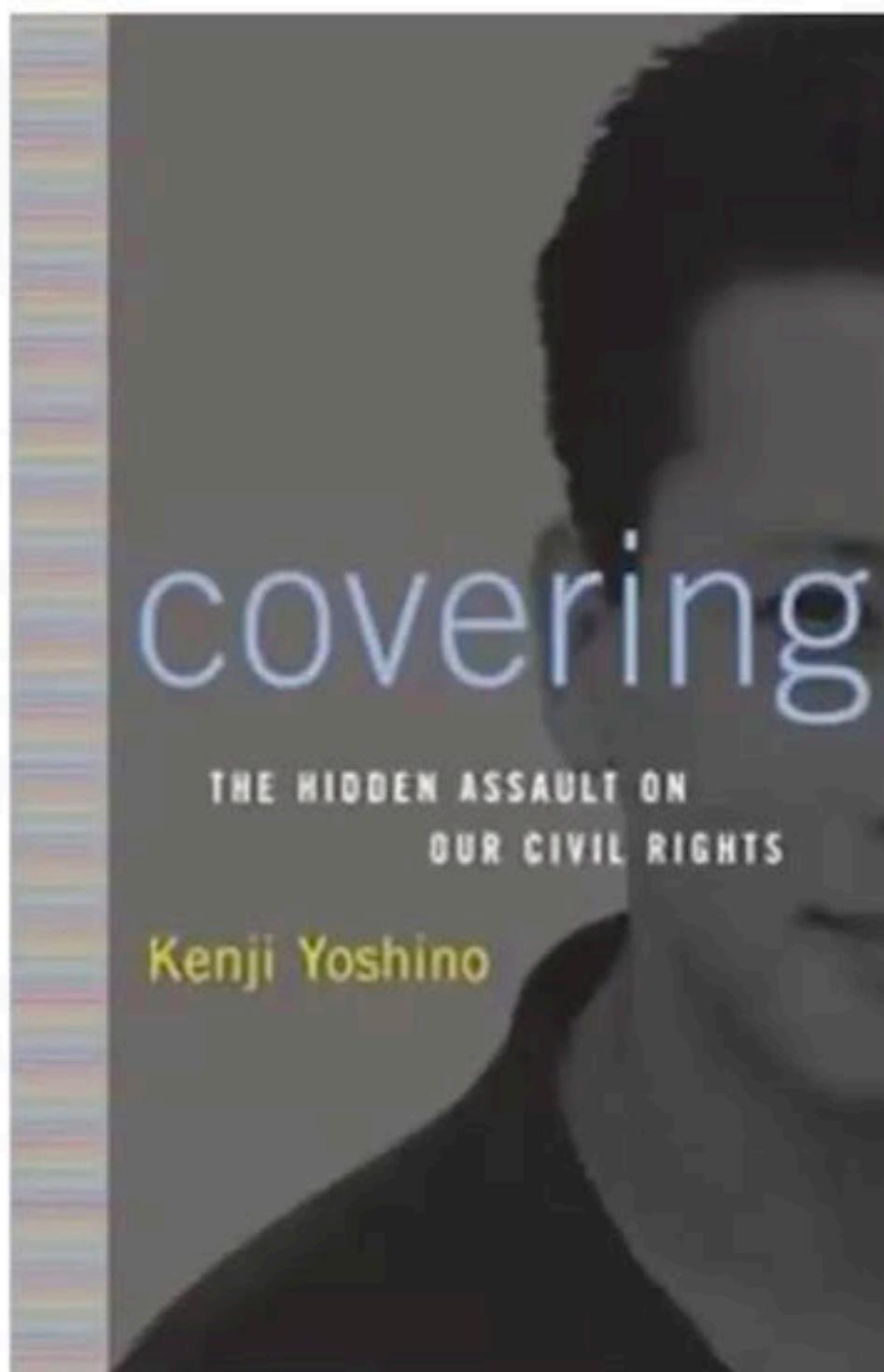
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How might we think about Kenji Yoshino's journey through this lens?

Self-Development



Although Kenji has moved on to new battles, he is now prepared, and I feel similar. His convergence between his sexual identity, his way with words, his education, and his profession has made him the advocate his younger self needed. I believe we all need to remember that wherever we are in life, our younger selves are cheering us on. If we can accept who we were and introduce that person to who we are now, we can pave the way for our future selves.

Alexandra Alvarez

How do we think about identity crisis?

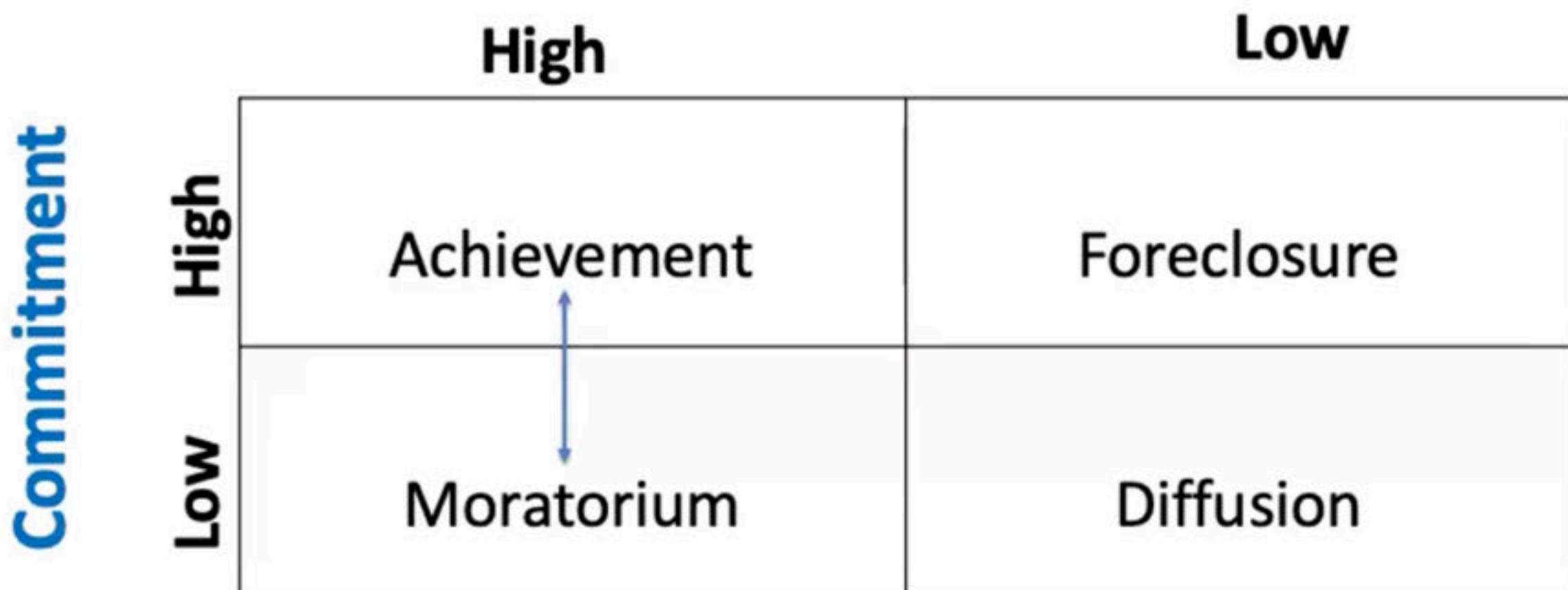
'Identity' and 'identity crisis' have in popular and scientific usage become terms which alternatively circumscribe something so large and so seemingly self-evident that to demand a definition would almost seem petty, while at other times they designate something made so narrow for purposes of measurement that the overall meaning is lost, and it could just as well be called something else.

Erikson, 1968, pp.23-24

Crisis/Exploration

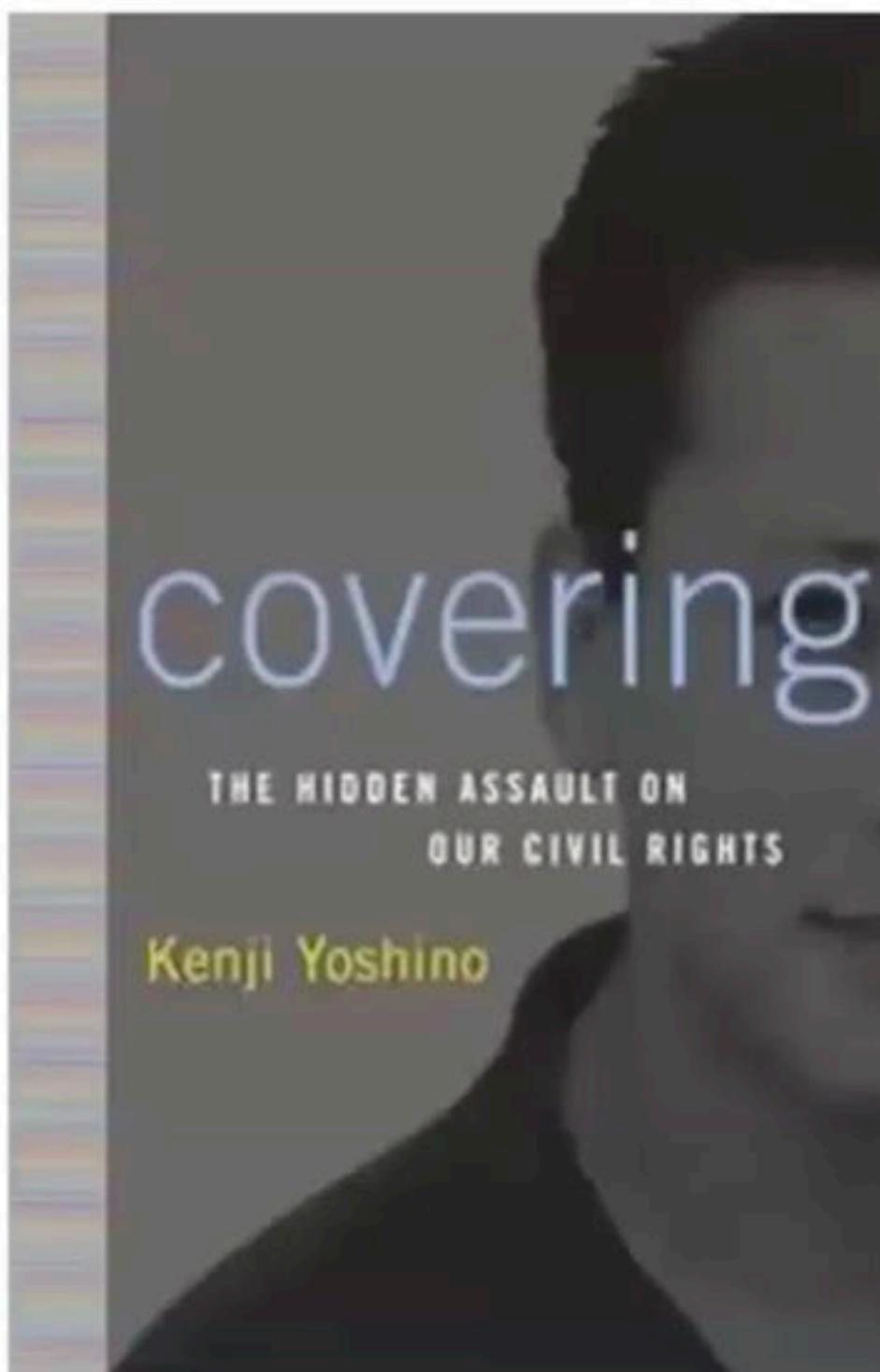
	High	Low
High	Achievement	Foreclosure
Low	Moratorium	Diffusion

Crisis/Exploration



MAMA = Moratorium → Achievement → Moratorium → Achievement

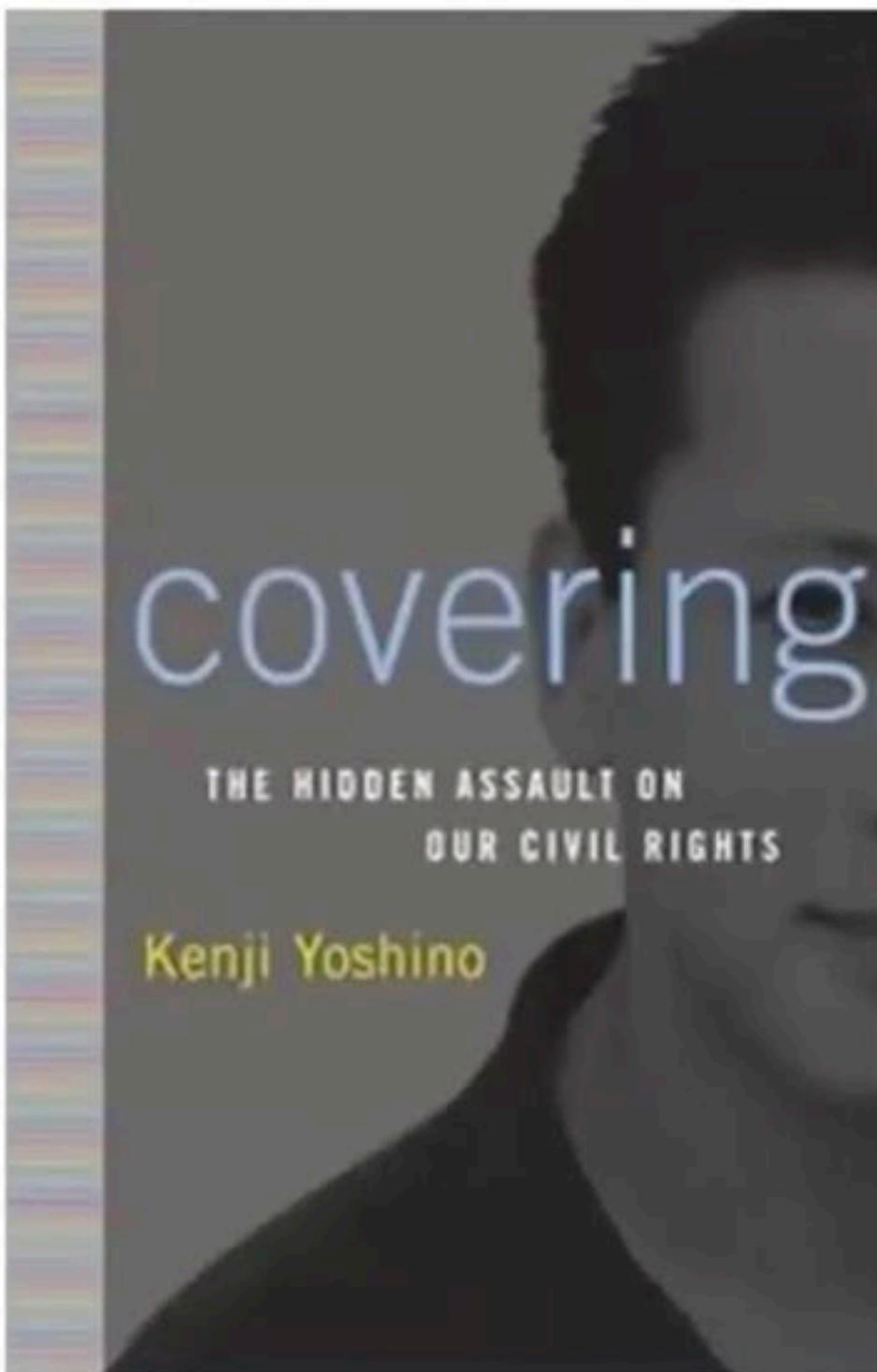
Self-Development



"I think the turning point to this crisis for me was understanding that ME was a combination of “boxes”, that I was not only fit for one box, I was fit for many and that's what made me, ME."

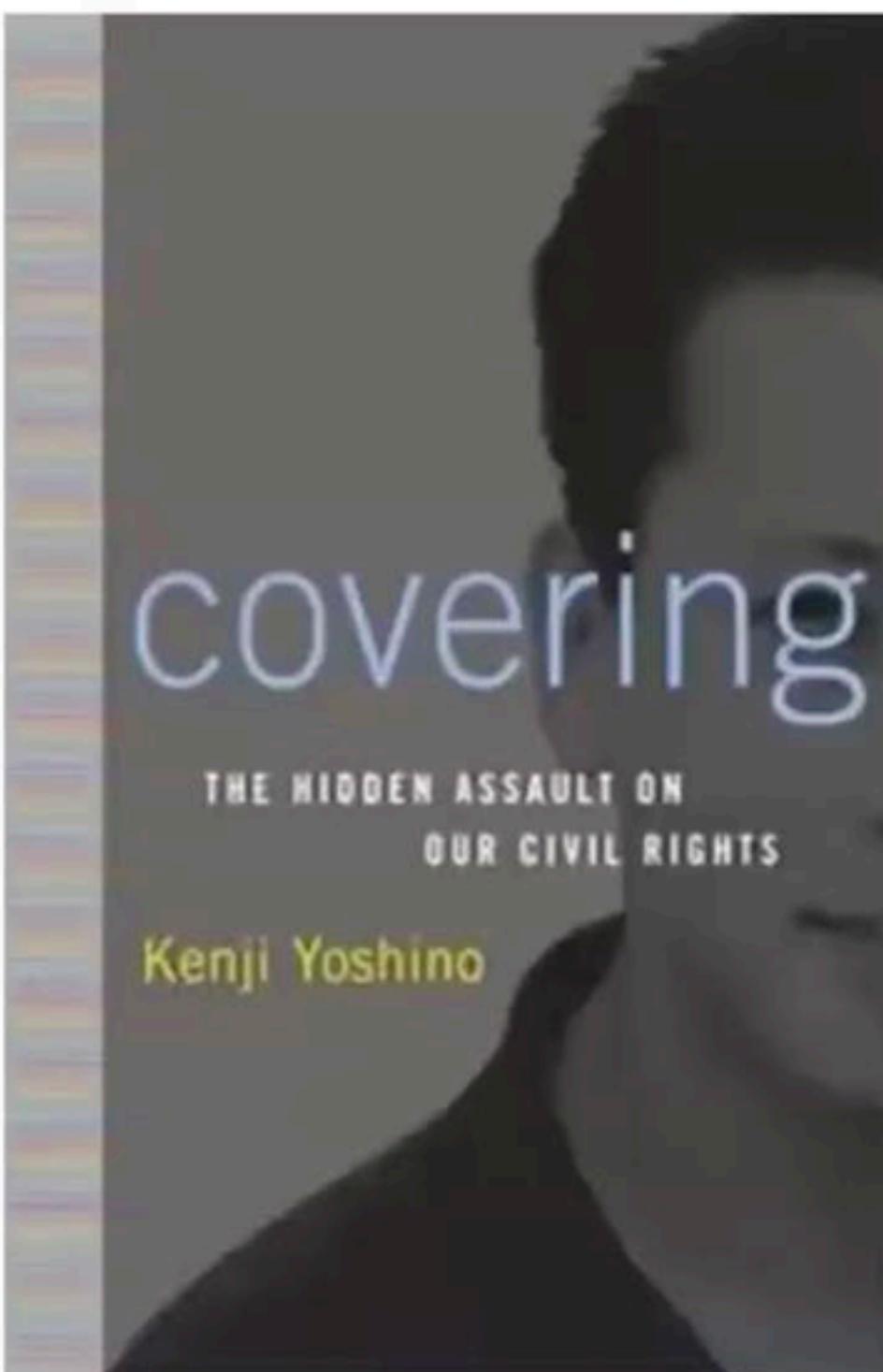
Mica [Ormeno](#)

Self-Development



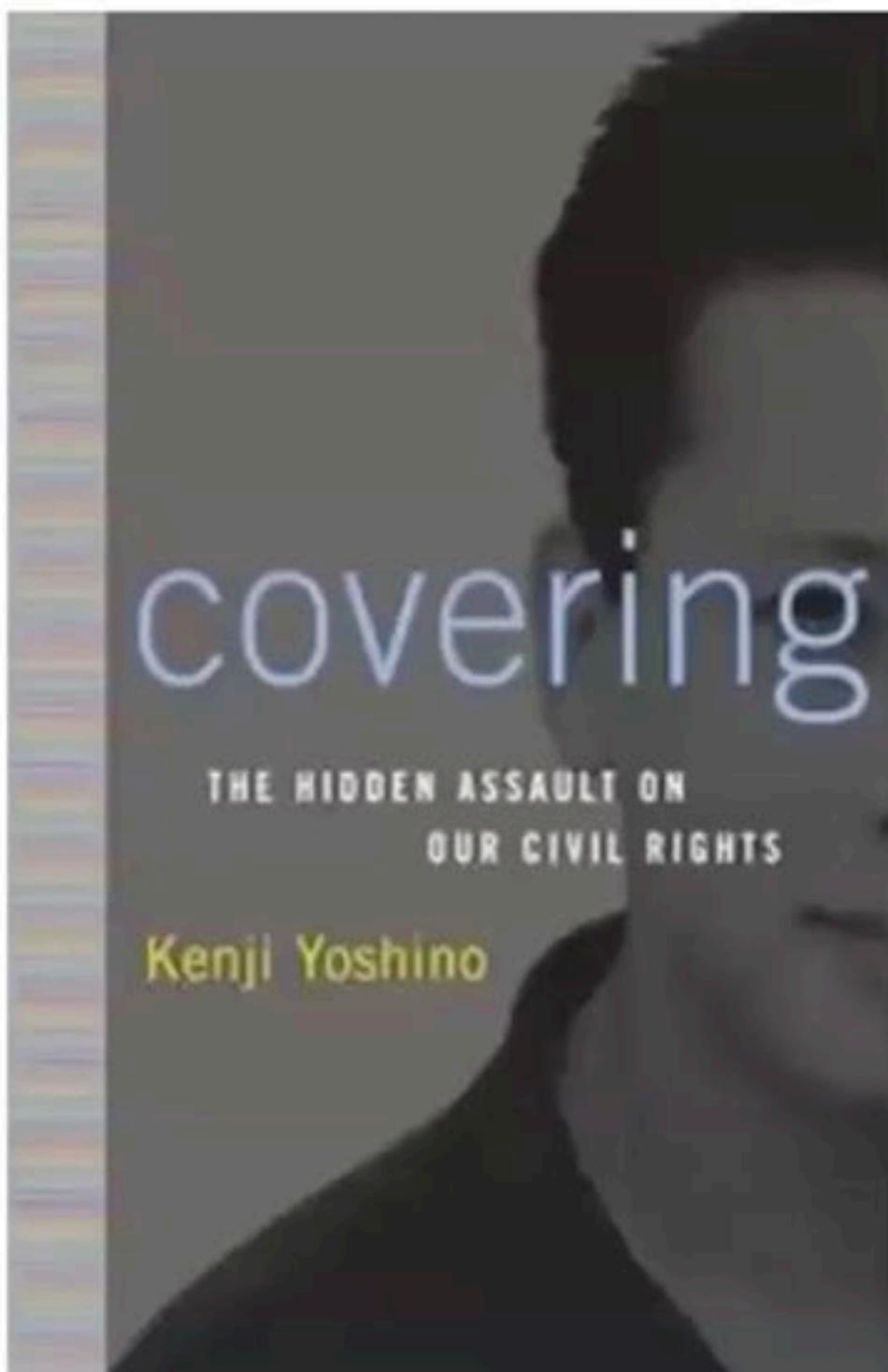
1. How do we perceive *identity crisis*? What if we think about it as a *process of active exploration* (MAMA)?

Self-Development



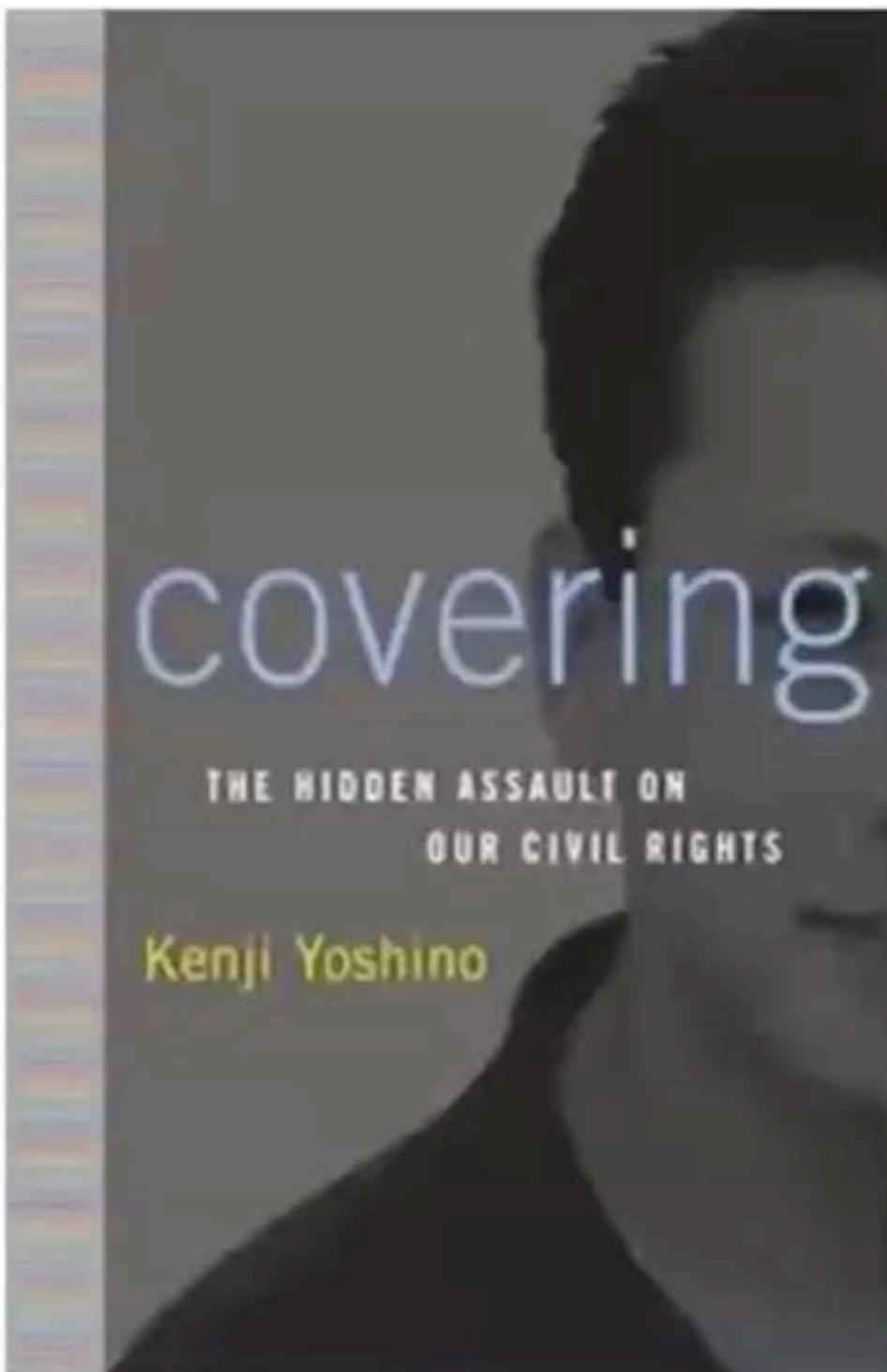
2. How does the dynamic interplay of our multiple and changing identities impact self-development?

Self-Development



3. Role of social context in self-development?

Self-Development



"Yoshino's insight helped me realize that my experience was not just an individual struggle but part of a broader social phenomenon where identities, particularly those of "civil rights group", were under scrutiny and pressure to conform to a certain social narrative. My journey through this challenging time was a lived example of the theories we studied. It highlighted the fluidity of identity and the continuous, context-sensitive process of self-development, shaped significantly by societal events and perceptions."

Hani Alawneh