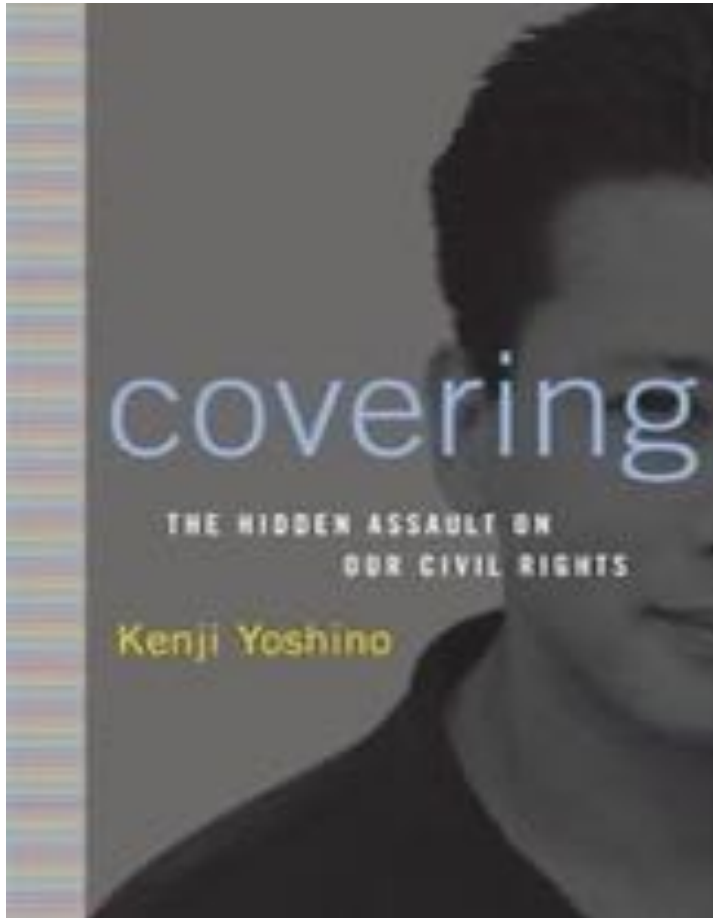
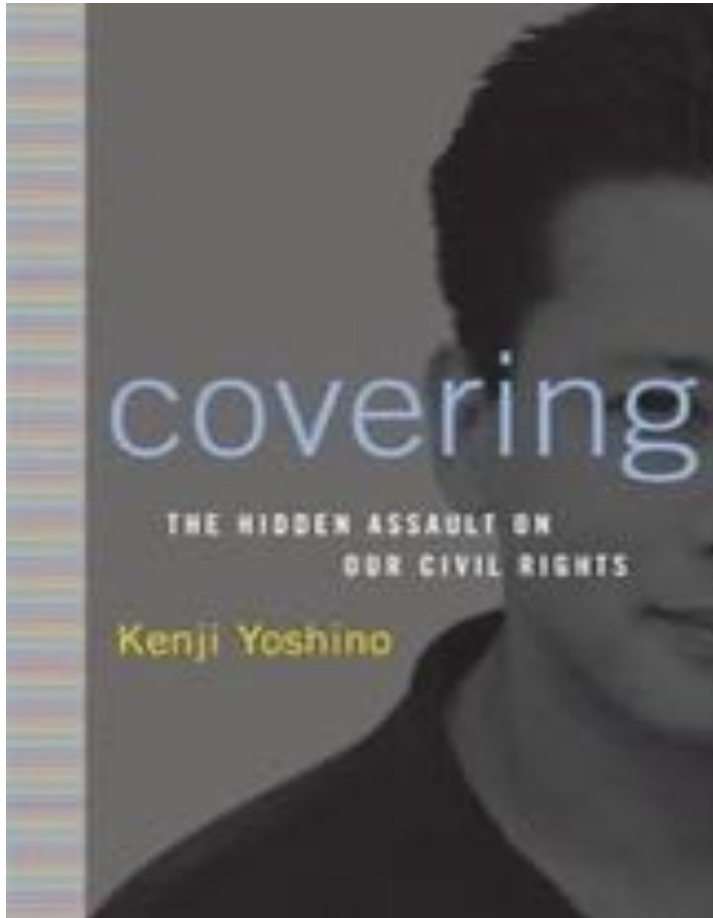


Self-Development



“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 displays the PairUp tool interface. The main area features a large white box with the question "What was the best learning experience you ever had?" and a sub-question "What commonalities do you see with your classmates?". A small video feed of a person is visible in the top right corner of the main area. The bottom of the main area has a navigation bar with buttons for "Respond", "PairUp", "View Shareouts", and a user icon. The version number "v1.3.0" is in the bottom left corner.

The right sidebar is titled "PairUp" and includes "Quit" and "Hide" buttons. It contains the following sections:

- Vay's Response**: Activity
- 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
- Share with Class**: Add Text Here

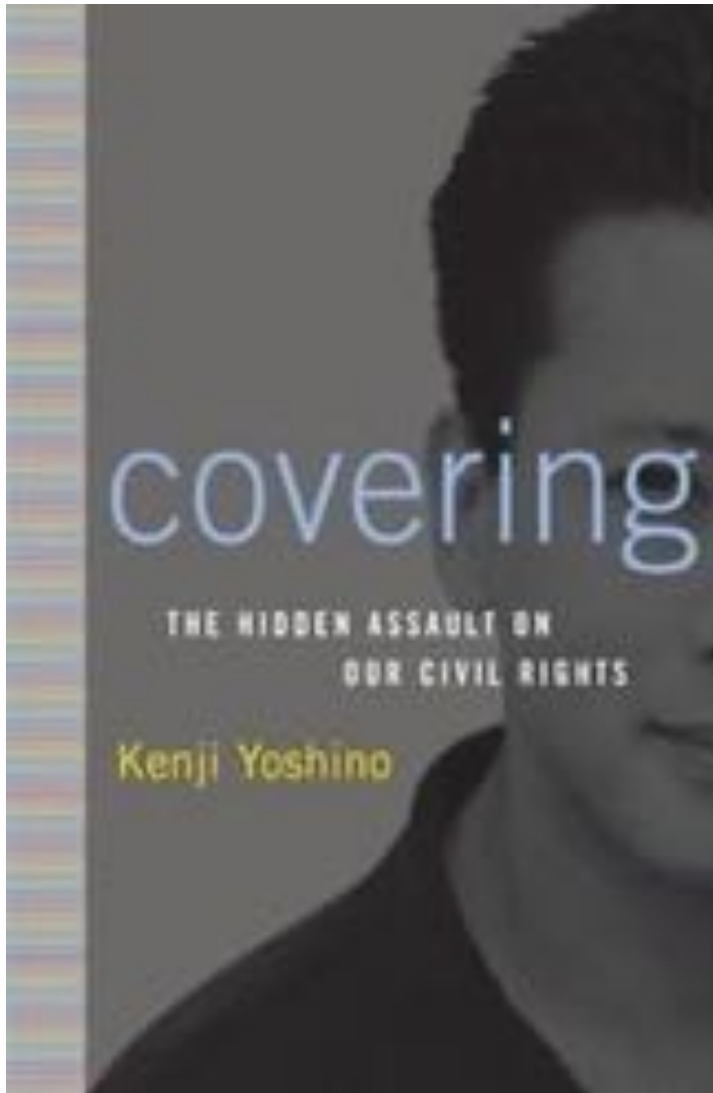
Instructions in the sidebar read: "Read the responses, share your thoughts with the class, and scroll down to continue". At the bottom of the sidebar are buttons for "Live Chat" (with a "Show" button and a red notification badge), "Bookmarks" (with a "Show" button), and "Zoom Chat+" (with a "Show" button).

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

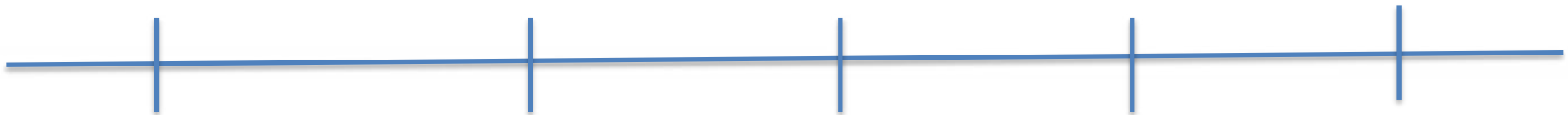


Why do we need to know these theories? There are many applications to it in a real-world: coaching, guiding, psychological, education.

Lana Itlyasheva

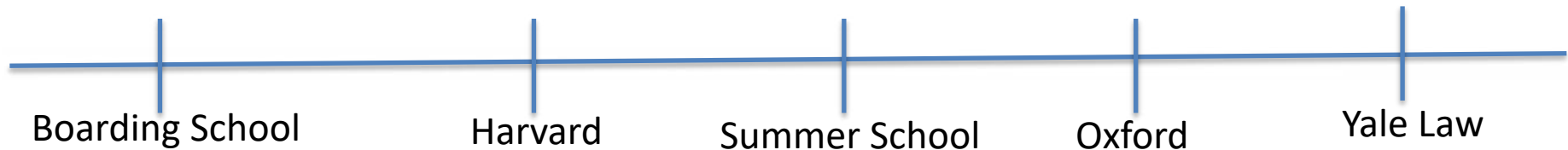
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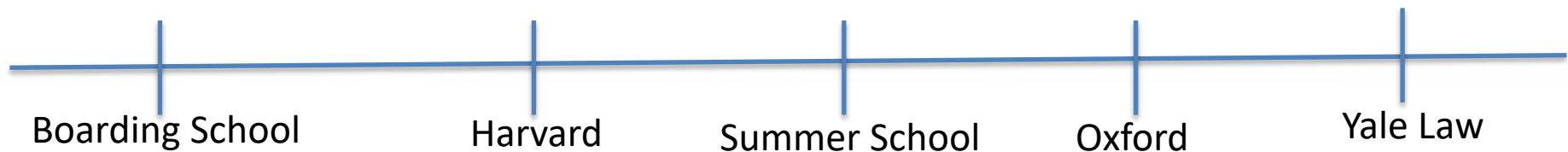
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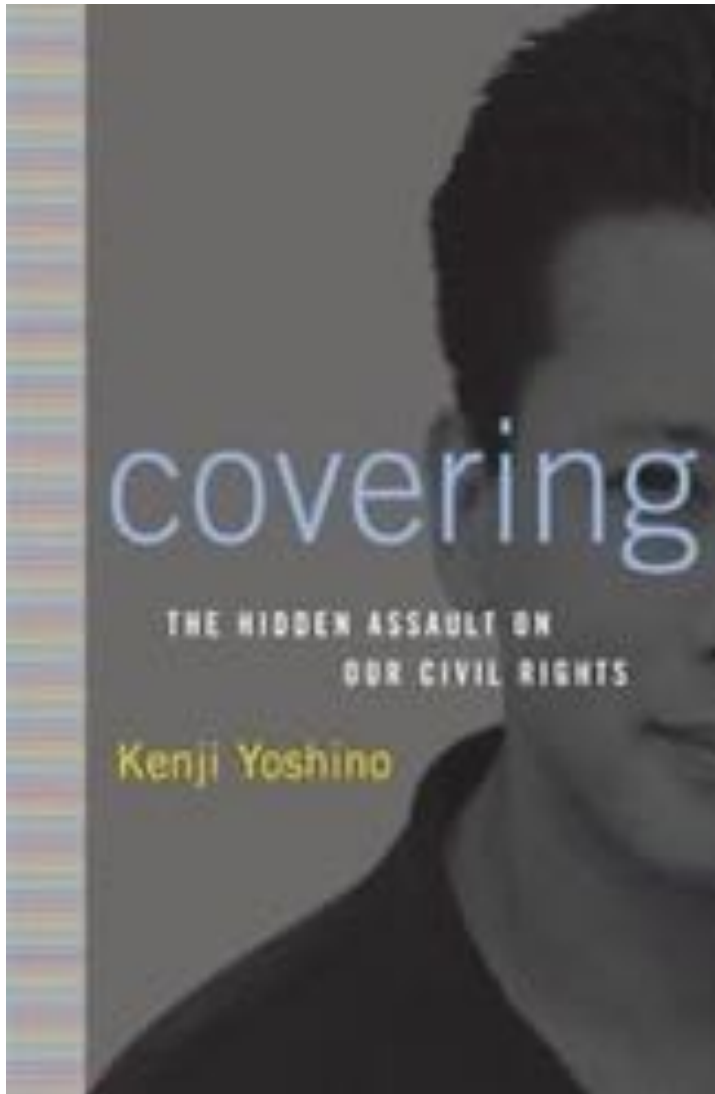
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How might we think about Kenji Yoshino's journey through this lens?

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

Commitment

Crisis/Exploration

High

Low

High

Achievement

Foreclosure

Low

Moratorium

Diffusion

Commitment

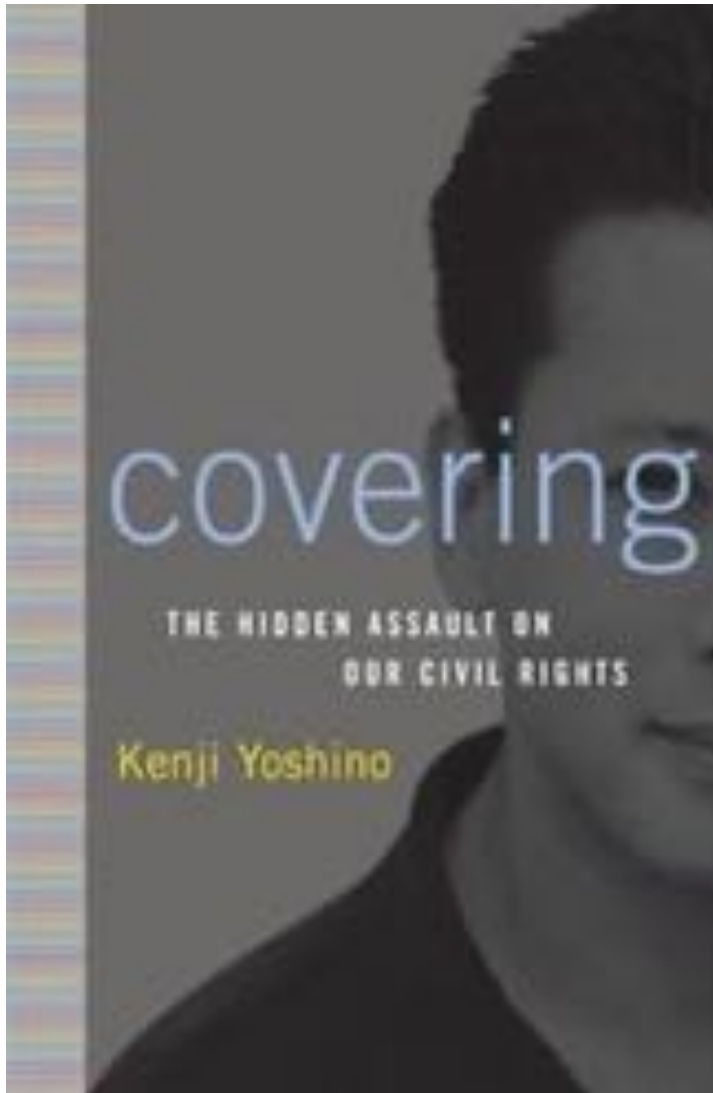
Crisis/Exploration

Commitment

	High	Low
High	Achievement	Foreclosure
Low	Moratorium	Diffusion

MAMA = Moratorium → Achievement → Moratorium → Achievement

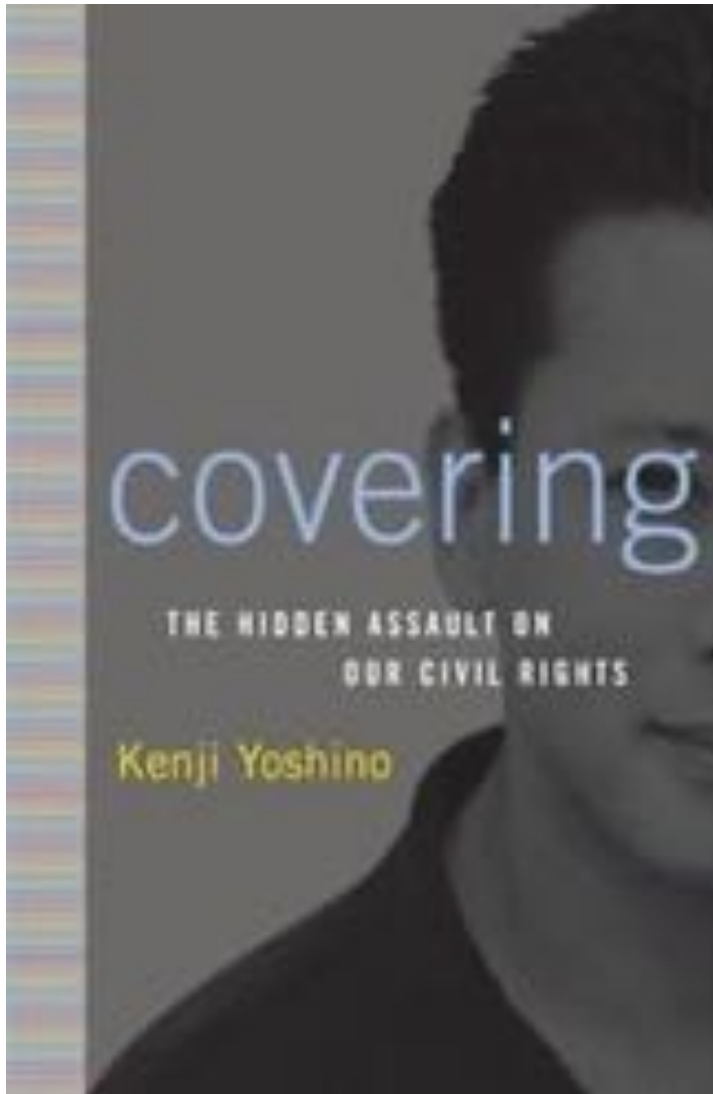
Self-Development



“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.”

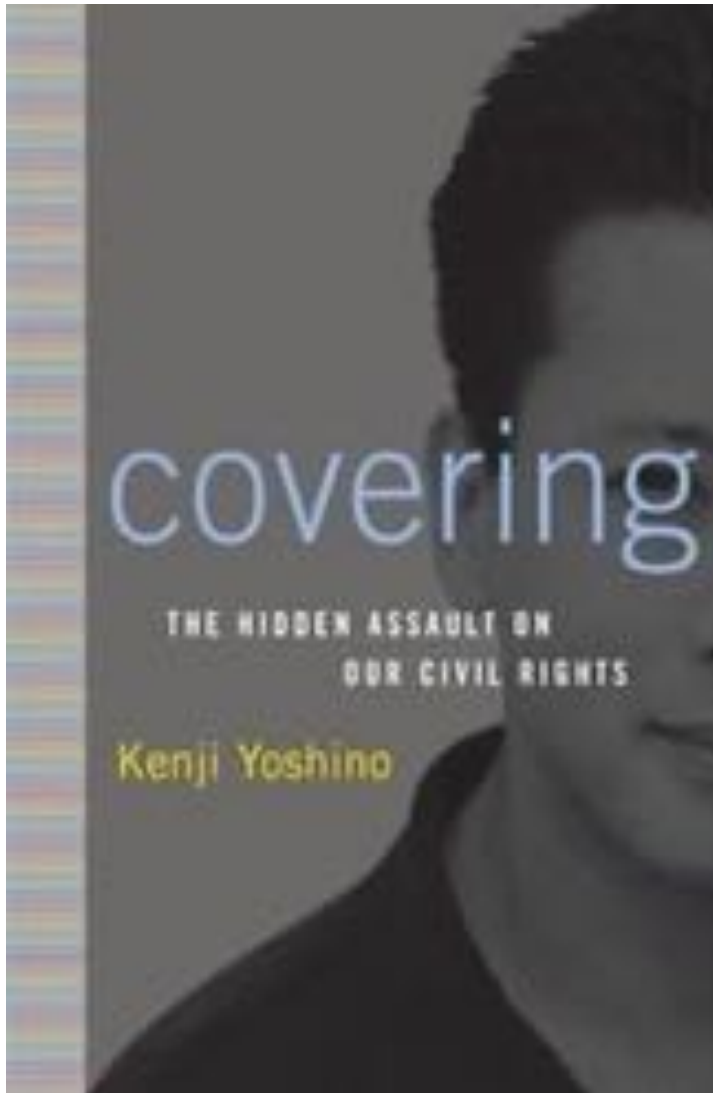
Mica Ormeno

Self-Development



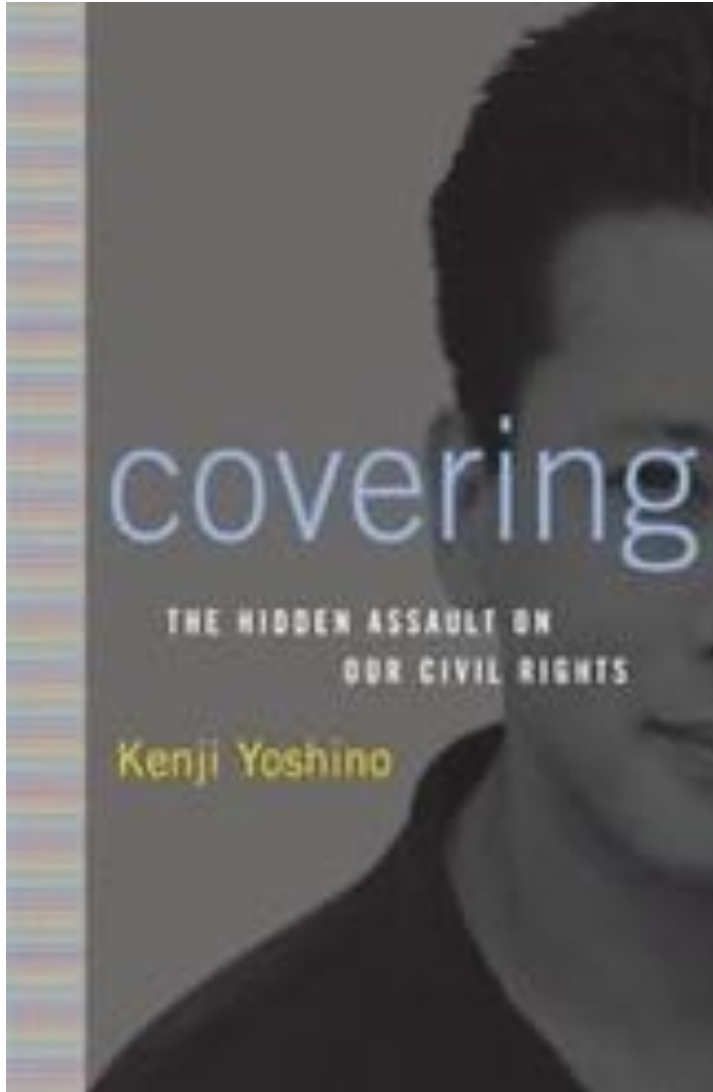
1. How do we perceive *identity crisis*? What if we think about it as a *process of active exploration* (MAMA)?

Self-Development



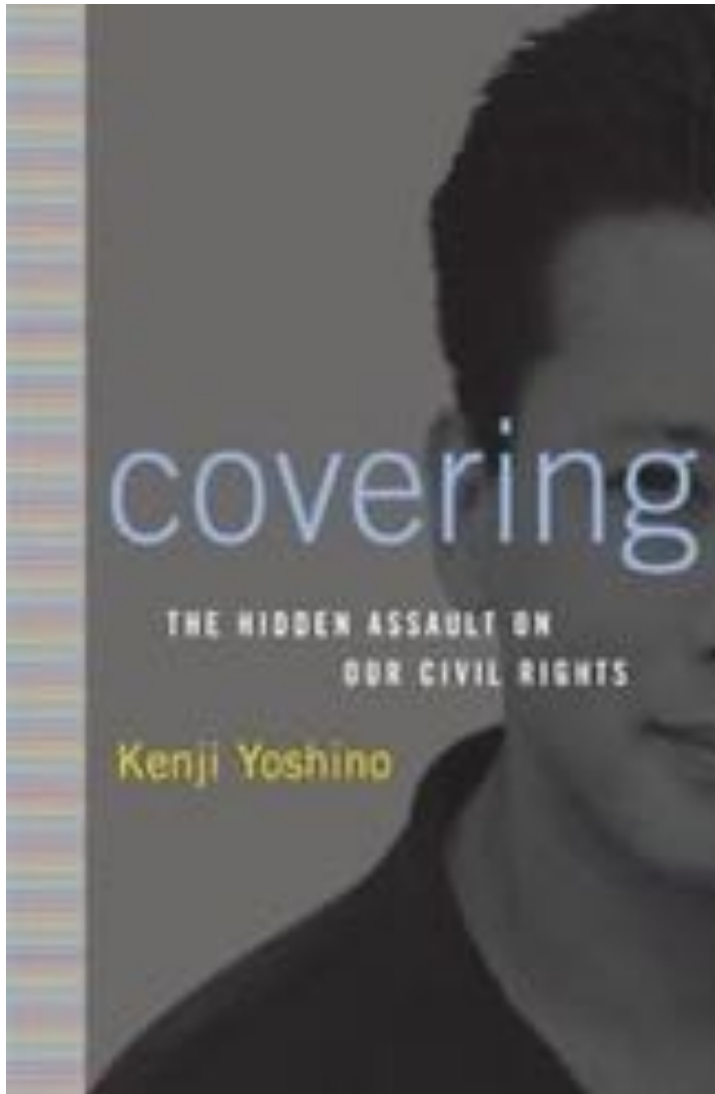
2. How does the dynamic interplay of our multiple and changing identities impact self-development?

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