**Chapter 2 Review Guide**

**Perception of Self and Others**

**Directions: To prepare you for our in-class discussion, activities, and online quizzes or exams, please complete the following review questions.**

1. Define the word “**perception**.”

Process of selectivity attending & assigning meaning to information.

2. **Stages of Perception:** Answer the following questions regarding the three stages of perception:

1. **Attention and Selection:** How do needs, interests, and expectations play a role with attention and selection?

We only pay attention to what we think is relevant and what we think we need to know. We are more likely to pay more attention if it piques our interests.We look for what we expect to see.

1. **Organization:** How do simplicity and pattern affect our ability to organize stimuli?

Our brains simplify complex to something we would commonly recognize and we are constantly looking for patterns to help us understand and simplify.

1. **Interpretation:** Explain the process of interpretation.

Our brains are always looking for patterns and what patterns we see daily helps us interpret things. Like when we look at pictures and paintings.

3. What is the difference between **automatic processing** and **conscious processing**?

Automatic processing is done subconsciously like interpreting someone speaking the same language. Conscious process is a more deliberate processing that is done, like solving a math problem.

4. **Self-perception** is the overall view we have of ourselves. How do we form and maintain the following two components of self-perception?

1. **Self-concept:** our perception of our skills, abilities, knowledge, competencies, & personality.

\*based on our experiences & how others react and respond.

\* others’ comments to validate help reinforce or alter our perception.

\* feedback may reveal abilities and personality characteristics we did not associate with ourselves.

1. **Self-esteem:** evaluation we make about our personal worthiness based on our self-concept.

\*positive or negative evaluations of ourselves

\*ides, morals, values of family & cultural groups

4. **Accuracy and Distortion:** Define **and** provide an example of the following terms that affect our ability to accurately perceive our surroundings:

1. **Incongruence:** a gap between self-perception and reality. EX: having leadership qualities but not thinking that you do.
2. **Self-fulfilling prophecy:** an inaccurate perception of a skill, characteristic, or situation that leads to behaviors that perpetuate that false perception as true. EX: Not volunteering for leadership positions and believing that you did not get picked because of that.
3. **Filtering messages:** paying attention to messages that help reinforce our perception and ignoring messages that say otherwise. EX: ignoring the comment that someone says that you are organized because your room is messy.
4. **Media images:** our perception is distorted by what we see on media because we feel like we must be like the characters we see on TV or the celebrities we see online. EX: thinking that your wedding must be extravagant as we see on Pinterest.

5. Describe the following three strategies we can use to improve our self-perception:

1. **Self-talk:** the conversations we have in our heads. Having thoughts like, “I know I can do it”
2. **Social construction of self:** we share only the parts we believe are appropriate to the situation. “different personalities”
3. **Self-monitoring:** the internal process of being aware how we are coming across to others and adjusting our behavior accordingly.

6. How do we form **perception of others**?

We perceive others by their physical appearance, by making assumptions about their personality, and assuming their similarities with us until proven otherwise.

7. **Selective perception** is the perceptual distortion that arises from paying attention only to what we expect to see or hear and ignoring what we don’t expect. Describe **five** strategies to improve your perception of others.

\*question the accuracy of your perception

\*choose to use conscious processing as you get to know people

\*seek more information to verify perceptions

\*realize that your perception of a person will change over time

\*seek clarification respectfully by perception checking

In class:

* Prejudice
  + Racism
    - How you look
  + Sexism
    - Norms for men & women
  + Ethnocentrism
    - Believes
    - Language
    - Clothes
    - Music
    - Lifestyle
    - Food
    - Wealth
  + Ableism
  + Ageism
  + Heterosexism

Leads into Stereotypes & discrimination

Self-perception = self-concept(adj) +self-esteem