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Class Reflection

Attending college is an opportunity for students to learn and grow in all sorts of ways. Even though college is largely about taking classes and learning different topics, it's also about students creating an identity. Since being at Northwest Vista College, I have had the opportunity to learn about what it means to create an identity. I look forward to being able to create my own identity as a college student that I will continue to develop. I believe that students should recognize the significance of what it means to explore who they want to become. There are several types of identity development techniques common among college students, and ways to understand the different theories that describe what it means to create an identity.

One identity development theory is Erik Erikson's Stages of Development. Erik Erikson is a German psychoanalyst that examined three aspects of identity: the ego identity, personal identity, and social/cultural identity. His theory of identity and psychosocial development states that every person must go through a series of eight interrelated stages, each stage taking place at a certain point throughout somebody's life. Erikson's theory takes the impact of external factors into account and evaluates parents and society on personality development. Each stage involves an overarching theme, such as hope, will, purpose, competence, fidelity, love, care, or wisdom.

Another identity development theory is Chickering's Seven Vectors of Identity Development. Arthur Chickering paid more attention to the “tasks” that students must go through while creating their identity. These tasks involve developing competence, managing emotions, moving through autonomy toward independence, developing mature interpersonal relationships, establishing identity, developing purpose, and developing integrity. Chickering described how important it is for students to be able to recognize the balance between self-awareness and self-control, and how the formation of one’s identity leads to a sense of contentment with one’s self and how that self is seen by others.

One last identity development theory is Carol Dweck’s Mindset Theory. Carol S. Dweck is a psychologist at Stanford University. She argued that the implicit theories people hold for the nature and causes of intelligence have a number of implications, especially for their motivation to practice and learn. “Mindset” refers to the implicit theories that individuals hold regarding the nature of intelligent behavior. Dweck argued that those who attribute intelligence to fixed traits hold a “fixed theory of intelligence, and those who attribute intelligence to learning, effort, training, and practice hold a “growth” theory of intelligence.

In conclusion, the identity of an individual is something that requires a lot of time and attention in order to develop. While reflecting on my journey at Northwest Vista, I recognize that this educational environment has provided me with the opportunity to begin shaping my identity. The EDUC1100 class has been extremely valuable and useful in allowing me to do that. The experiences I encountered throughout my academic journey have contributed significantly to my personal growth. I am motivated to embrace the opportunities and challenges that the future holds, and I am confident that they will play a major role in further shaping who I am.

Works Cited

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