

# Scrapbook Time



it's Chá!



Babi



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TedPaths 1-2



# PastSelf

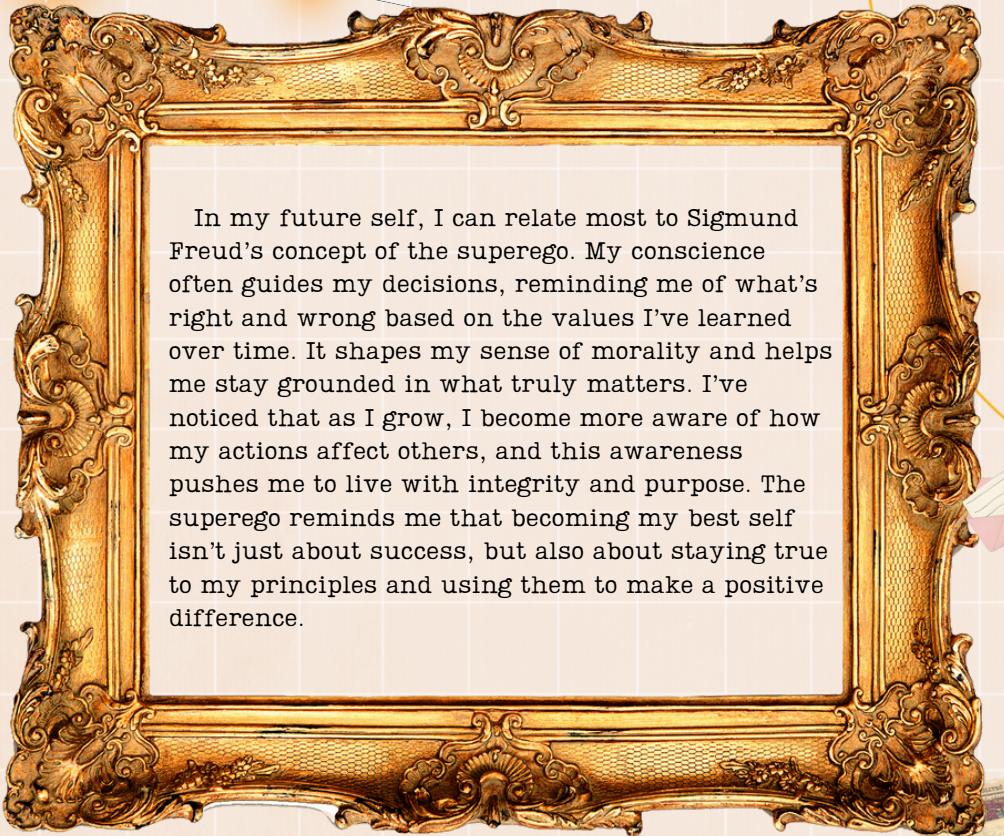
Albert Bandura and Urie Bronfenbrenner's theories really connect with how I see myself and my growth. Bandura's idea that we learn by observing others makes sense to me because I've picked up so much from the people around me which is my family, friends, teachers, and even small everyday interactions. Bronfenbrenner's theory also helps me understand that my environment, from my home to my community, has played a big part in shaping who I've become. Looking back, I can see how these influences have guided my values, choices, and the way I see the world. They remind me that who I am is not just about what I do alone, but also about the people and experiences that continue to shape me.



# Present Self

Growing up now, I can see how my experiences connect with Charles Cooley's Looking Glass Self and Carl Rogers' ideas about the self. The feedback I receive from the people around me whether it's praise, criticism, or simple observations it has a big impact on how I see myself. Sometimes, their words push me to grow and become a better person. But other times, they make me aware of the gap between who I am now and the person I want to be. Like Rogers described, that feeling of incongruence can be difficult. I often struggle with wanting to meet my own standards and live up to my "ideal self." Still, these moments remind me that growth takes time, and that understanding how others see me can help me move closer to the version of myself I hope to become.





# future self



# Reflection

Looking back on my growth, I can see how all these theories connect with Erik Erikson's Psychosocial Stages of Development. Each stage of my life has shaped how I understand myself and my relationships with others. From learning through observation, as Bandura explained, to being influenced by my environment, like in Bronfenbrenner's theory, I've grown through the people and situations around me. Cooley and Rogers helped me realize how feedback and self-reflection play a big role in forming my identity, while Freud's concept of the superego reminds me to stay guided by my morals and conscience. Just as Erikson described, every stage comes with its own challenges that push me to find balance between who I am and who I hope to become. All these experiences remind me that personal growth never stops, it continues as I learn, adapt, and build a stronger sense of purpose and identity for the future.