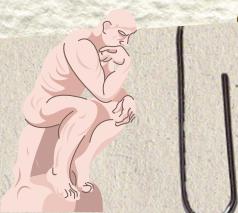


THE SELF MUSEUM

philosophical



Who Am I? An inquiry that is often uttered by people my age. It may seem simple, but throughout human history, we've yet to attain a concrete and definitive answer to this question. On a surface level, I like to think of myself as a collection of different experiences that have shaped me into who I am today, a museum filled with artifacts each with a story to tell. I'm just a simple guy with a simple dream to give my family the lives that they deserve. But on a deeper level, is this really correct? Or is there even a 'correct' way to answer this question?

Aristotle would frame my description of 'self' as the actualization of a rational soul. The activity of the soul going through each day with a purpose (Aristotle as cited in Wikipedia 'Self as an activity' Section). Every single day, I am motivated by the thought of achieving my dreams. I strive passionately to go a step closer to my personal goal. This goal is what gives me purpose; it is my driving force to keep me going. As Aristotle stated, I am doing the activity of the soul. I also believe that I am a canvas that is continuously being painted, being made beautiful with the experiences that life brings. Though similar, I do not completely agree with Hume's claim that we are a 'bundle of perceptions' (Hume as cited in Wikipedia 'Bundle Theory' Section). Aristotle's model gives a stable foundation; I am what I strive to become. Someone who is pushed further with the pursuit of knowledge and ambition.

sociological



Integrating myself into the UP system was not easy. I had to deal with existential crises and many more. I am happy that I am slowly regaining my self-esteem, though sometimes I do believe that I unintentionally reflect what people believe about me. Instead of an art piece in a museum, I become a mirror reflecting the thoughts that people have about me. Just like how museum artifacts are interpreted by bystanders or observers, I am sometimes shaped by people's opinions about me. This leads to the deterioration of self-belief, the distrust in myself. My self-confidence is curtailed by feedback, similar to how the prices of art pieces are dictated by the opinions of so-called professionals. Through Cooley's looking-glass self (GamRolexm 2018), I've measured my achievements based on others' feedback, and I base my abilities on what my professors think of me rather than the opinion that I have on myself. UP is a humbling experience, a much-needed change of perspective that widened the horizon for me when it comes to myself. I already know what I'm capable of, and I hope through this course, I can learn to trust in my abilities more for better success.

psychological



My psyche resembles a museum in a constant flux, with walls echoing with self-reflecting thoughts. I am sociable and extroverted. But during my freshman year, I truly felt a shift when it came to socializing. I felt consumed by the aura of my peers. Due to this, I had to make a front just not to be left behind. I created a 'false self' in order not to show my struggles and hide my 'true self,' which felt a fear of being left behind (Winnicott Wikipedia). Sometimes in life, we resort to doing these things to not be labeled as the odd one out. What helped me rewire my train of thought and my overall self-esteem was engaging back into sports again. It not only brought back my confidence in playing but in all other facets of my life (Siegel 2017). I am a person who considers balance an important part of human life. I always make sure to have time for myself and to spend time with my family members. As a family-oriented guy, I make sure to keep a work-life balance to avoid being drained. At the end of the day, my family is what keeps me going, so it is important to me that we can have our own time to bond for each of our mental health

MODULE 1

PRESENTING MYSELF TO THE world

From Aristotle's purposeful strokes to Winnicott's fragile artifacts, my interpretation of myself is not fixed nor a work of fiction. UP's cultural thought taught me that a museum's value is not dependent on its viewers but on the courage of the one who made the art piece to share his/her unfinished work with the public. The refinements are still day-to-day, but I can now proudly say I've figured it out.

CHATBOX ANSWER

You 12:42 PM



Good afternoon! My name is Kurt Pua from BS Computer Science. I would like to be remembered as someone that can easily adapt to situations and someone that can lead others into improvement. Someone that uplifts instead of dictates in instances I am needed to lead. I want to be remembered as someone that has an unwavering resolve, someone that can make others joyful and has an energy that can make others inspired.

guess where

your prof is



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