

Rosalie Day

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Psych 111

Learning Statement

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Statement of Learning: Week 14

This week, for Chapter 14 of *Psychology*, I learned about personality. This might be embarrassing to admit, but I had previously never heard of Sigmund Freud before. Apparently he is a very famous psychologist. Something I found shocking was the Oedipus complex, which states that a boy from ages 3 to 6 has sexual desires towards their mother and jealousy/hatred for their rival father. I didn't know about this, and it is definitely weird to think about. Anyways, another topic I found interesting was the spotlight effect. This is overestimating others' noticing/evaluating our appearance, performance, and mistakes. This is definitely something I deal with when I make mistakes, worrying that people saw and would think badly of me, but really, no one really notices or cares. Two of the cures for this effect are just understanding/knowing it and remembering it, or taking the audience's perspective. Both of these, I believe, contribute towards character development. No one (for the most part) is stalking your every move and judging you. Live life how you would, and do not worry about what others think.