

The Self - part 1

- I. What is the self?
 - A. The self-concept

- II. Why the self matters in social psychology
 - A. How the self influences our interpretation of the world
 - 1. Self-referencing effect

 - B. How the self influences how we interact with the world
 - 1. Need for positive self-esteem
 - a. What is self-esteem?
 - b. Ways we boost our esteem through impression management
 - c. Ways to boost our esteem through meeting our goals
 - (1) possible selves
 - (2) ought self
 - (3) ideal self
 - (4) actual self
 - (5) What happens when we don't meet our goals?