

Chapter 3 Self Reflections

Name _____

1. What is self-concept?
2. What are two important components of self-concept?
3. What is self-esteem?
4. What are two characteristics of self-esteem?
5. What are two good strategies for enhancing self-esteem?
6. What are the four statuses of identity?
7. What is ethnic identity?
8. What are two important aspects of ethnic identity?
9. Describe one aspect of your identity you would like to change. Why? Can it be changed? What can you do to change it?
10. What are two values?
11. Why is it important to clarify your values?
12. What are some guidelines in searching for meaning in life?