

Chapter 4: Understanding all aspects of self & how it pertains to college students

What is Self-Concept in Social Psychology?

This is an essential piece of how we think, feel, or do. Specifically, these are a "certain set of beliefs about characteristics about the self" (Barrett, 2017). An example of one's self-concept includes being a daughter, college student, and a niece.



Self-Discrepancy Theory & its three subtopics

Self-Discrepancy Theory: Foundation of understanding self. This theory involves actual, ideal, and ought self.

-**Actual self:**

- "Who one is" (Barrett, 2017).
 - One is describing characteristics about themselves.

-**Ideal self:**

- Envisioning one's hypothetical self with characteristics that we may wish to have.

-**Ought self:**

- Thoughts about what we perceive others should think we be.
 - Example: Expected to work in your family's business once you're of age. As opposed to, pursuing your own dreams/goals.



How does this pertain to residential sophomore college students?

The second year of college is the time where college students are making a foundation of what they choose what career paths they want to pursue. The students must know who they are as a person and as a student in order to make one of the most important decisions of their lives.



How this information will help these students succeed:

- **Actual-self:**
 - Understanding characteristics about their status as a student. (work ethic, motivation, etc.)
 - Personality traits that pertain to future career opportunities.
- **Ideal-self:**
 - Potential characteristics one wishes to possess in near future that will benefit them for their career.
- **Ought-self:**
 - Gaining outside influences and knowledge about what characteristics/traits to possess for the career you're working towards.

INFORMATION SOURCE:

SOCIAL PSYCHOLOGY: CORE CONCEPTS AND EMERGING TRENDS
DANIEL W. BARRETT, 2017