

Example of self- concept case study

[Technology](#), [Development](#)



- Define one change you would like to make in yourself. It might be a behavior or anything about yourself that you would like to alter?

Attentiveness and Concentration are the important factors for an individual to score good grades and be successful. I find myself not being attentive in class as my mind gets distracted thinking about sports all the time. I want to change this behavior as it is affecting my studies and resulting in poor grades. Being less attentive in the lectures I have missed out on the important notes which were critical for my assignments and scores.

- Write a specific goal for making the change, being sure your goal is realistic and fair.

I want to make this change in my behavior because my friends tell me that I day dream and they feel I am lost in some thoughts. I have taken it as a challenge to prove my friends that I can achieve the task of changing my behavior, and I plan to work on this behavioral change by performing one task at a time, make notes and follow them on a daily basis.

- Observe or think of others who are models for what you want to be. Write down what they do.

Nathan has been very impressive in his studies as well as sports and I find that his concentration level is remarkable and all his tasks are result oriented. He asks many questions related to the subject and tries to find out the meaning of complicated words from the pocket dictionary that is always present with him. This behavior sets an impression that he is attentive in the lectures. He also gets up very early in morning to exercise and keep him active.

- What context or setting is required for you to achieve your goal? Identify

potential barriers to the change.

I will ensure to increase my will power that will help me achieve this change in my behavior. Any change is difficult to accept in the beginning; however it becomes a habit if it is followed for a couple of weeks. I will take up some courses on increasing the memory and concentration, and work towards studying in a group so that I can interact with my friends on the subjects and clarify any questions by discussing on the topics.