Personal reflection

I will begin observing the environment through nurture and nature in developing our self concept. Self concepts are the realization of experiences gathered from history and the future in how people were, and who he or she aspires to be. Studies demonstrate that people look to society for suspicions, trust, and an accepting of what to expect from situations in society. For example, the way we intermingle and what society believes he or she is supposed to adhere to.

In the social world it is our mind-set about the world, and the part we play effects our dealings. The social influences of an individual are viewed acceptable in guiding the self's behavior. The concept of self is broken into three components; self efficacy, concept, and our self-esteem. After reviewing these concepts it becomes clearer in appreciating who I am, and my place in society. I can share my own experiences that have contributed to my social development. It gives me more knowledge and confidence of myself. Self The way we recognize ourselves defines who we are.

Self concept relates to how we categorize our features and roles we see when viewing our self. A better definition of oneself is how we interrelate; the interactions influence and lead our behavior. The self concept correlates to three theories: self perception, self presentation, and dissonance theory (Myers, 2011). Self perception is how one determines their actions of other situations environmentally, persona, and approach. Our self perception allows us to witness an individual's poor attitude; the individual can see how his or her behavior and situation relates to the manner.

He or she can inspect his or herself from the outside world, deciding on values of how the individual retorts to circumstances. Self presentation

presents consistency. One does not want to be or prove foolishness and inconsistent. The scrutiny of inconsistencies is a person showing artificiality and behaving as a hypocrite. However, the actions assist in giving good wisdom, which reveals the reality of us. In cognitive dissonance this shows how an individual is motivated to retain consistencies with his or her self's cognition.

The theory illustrates an individual who can sense anxiety and a need of synchronization when two ideas are incompatible (Myers, 2011). When an individual tries to validate their actions by defending it, he or she will not be amenable to correcting his or her self; demonstrating that the self is becoming consistent with actions without remembering past values. The theory is similar to the notion of self persuasion, although self perception illustrates why individuals compare his or herself to other individuals (Myers, 2011). Self Concept, Self-Esteem, and Self Efficacy

I am viewed in three different aspects of life. The three perspectives explain my behavior on how I see my persona, physical self, self beliefs, and objectives, and exchanges within society. One of the first concepts is self concept. This is how the self sees his or herself in the social world. In present studies of the exact self and opposites of hopelessness are the relationships of self concept. When we are true to ourselves it provides the meaning of life. The way we see ourselves establishes our experiences of social life.

I observe myself as a mother, an individual, and a friend. I hold a set of standards by setting goals, and following through with good examples that my children will follow. I rely on my friends and family for advice on adequate behavior as well as dealing with events in my life. I learn from

others experiences but also link them to my own version of how situations should be dealt with. We are products of our own environment, and as I become older I expect that I will always love, know, and appreciate myself. The second concept is self-esteem that pertains to our confidence.

This concept is more than thinking of one's self, but a normalcy of our own aptitude. Self-esteem is something we all have; however, some can become the victims to grovel (Buhrmester, Blanton, & Swann, 2011). As I think of my self-esteem and reflections of holding my head up, not listening to others hypocritical words, and I am capable of meeting requirements; shows that I am far from perfect. However, I am comfortable with the person I am. Self-esteem is one who's able to know and recognize who he or she is when the world is cruel and mean.

The last concept is self efficacy. Self efficacy is being able to complete task that someone else can do, but he or she can do it better and more quickly. In addition there is acknowledgment of appraisal for a job well done. Self efficacy is also how a person thinks, believes, proceeds and is goaded to complete the task. It is important to the individual how well we execute in comparison to others; if we are competent and can accomplish objectives. Self efficacy is also the ability to take on new task and be successful at that.

For example, my ability in obtaining a degree from UOPX to get to my ultimate goal and it contributes to myself concept and self-esteem (Myers, 2011). Social Experiences or Events of Personal Development As I reflect back on my life there were many incidents and many people who influenced me. I have been on my own as of the age of 18 and began my life as a mother at the age of 21. Once I had my first daughter I realized I could

define myself and my part in society. I was no longer an individual, just a friend, or daughter. Becoming a mother was to me this life fulfilling prophecy and fueled me to want more out of life.

In this stage of my life as a single woman raising a child motivated me to become a better person. My other three girls have led me to the second stage of personal development. I was married, but have separated from my husband. I walk away from that marriage with a total of four daughters, and it has given me the ambition to finish college with a degree in Psychology. This finally will put me in a place where I can do what I enjoy and be successful at the same time. I know who I am and where I want to be. This is the role I was meant to play; I am secure and gifted in meeting new people and going new places.

I have conquered the element of motherhood, which others look to me for guidance. Each day I put my best foot forward to be better than the day before. Conclusion The environment has a profound impact on what we do and who we are, but the self is how we see ourselves socially and personally. The individual is a combination of his or her self concept, self-esteem, and self efficacy. We rely solely on these aspects of our lives to develop into the individual we will become or aspire to be, knowing who we are aids us in the world.

It helps to make our lives easier and maneuver through every day task with ease. My past has given me an inner strength to strive and to change as the world changes. I have matured and become the person I am because I am unique; possessing qualities that make it possible for self actualization.