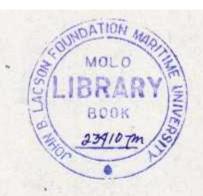


Understanding the Self

Dr. Mariano M. Ariola, L.L.B.; Ed.D.; L.P.T.

Fil 155.2 Ar712 2018 c-4



Understanding the Self

(NEW GENERAL EDUCATION CURRICULUM COMPLIANT)

Dr. Mariano M. Ariola, L.L. B., Ed.D.; L.P.T.

Table of Contents

| | Í | | - | |
|---|---|---|---|--|
| 4 | g | | A | |
| | | _ | ٩ | |

| Preface | iii |
|--|------|
| Table of Contents | v |
| Introducing the Student to the Course | ix |
| Part I: Basic Concepts of "Self" | 1 |
| The Need of Understanding The Self | 1 |
| Meaning and Nature of Self | 2 |
| The Self Overcomes all Conditioning | 3 |
| Why Self is Important | 4 |
| The Constitution of the Self | 4 |
| The Fililpino Concept of Self | 8 |
| The Eastern Concept of Self | - 8 |
| - The Western Concept of Self | 9 |
| Mind, Self, and Society from the Standpoint of Social Behaviorists | 10 |
| The "I" and "Me" of Mead | - 11 |
| Learning Activities | 13 |
| Reflection Figure | 17 |
| Part II : The Self from Various Perspectives | 19 |
| Philosophical Perspective of the Self | 19 |
| Socrates | 19 |
| Plato | 20 |
| Aristotle | 20 |
| Basic Concepts of Aristotle | 21 |
| St. Thomas Aquinas | 22 |
| Theory of Self Knowledge | 22 |
| Saint Augustine | 25 |
| Francis Bacon | 26 |
| Thomas Hobbes | 27 |
| Rene Descartes | 27 |
| John Locke | 28 |
| David Huma | 29 |

| Understanding the Self | |
|--|----------|
| Immanuel Kant | 30 |
| Gilbert Ryle | 32 |
| Patricia Churchland | 33 |
| Maurice Merleau-Ponty | 33 |
| Sociological Perspective of the Self | 34 |
| Margaret Mead | 34 |
| Henri De Saint Simon | 36 |
| Herbert Spencer | 37 |
| Emile Durkheim | 39 |
| Albert Bandura | 41 |
| Karl Marx | 45 |
| Max Weber | 45 |
| Lewis Morgan | 46 |
| Anthropological Perspective of the Self | 48 |
| Ruth Benedict | 48 |
| William Graham Sumner | 55 |
| Psychological Perspective of the Self | 55 |
| Sigmund Freud | 56 |
| William James | 57 |
| Confucius | 60 |
| The Cognitive Construction of the Self | 61 |
| The Self-Complexity Versus Self Concept Differentiation | 62 |
| The Me-Self | 64 |
| The I-Self | 66 |
| Ideal-Self versus Real Self | 67 |
| Multiple versus Unified Self | 67 |
| True Self versus False Self | 69 |
| Multiple versus Unified Selves | 69 |
| The Self as Proactive and Agentic | 70 |
| Individualistic versus Collectivist | .72 |
| Concept of Self-Exercise | 72 |
| Learning Activities | 75 |
| Reflection Figure | 79 |
| Part III: Unpacking The Self | 81 |
| Physical Self | 81 |
| The Impact of Culture and Body Image | 83 |
| The Concept of Fat and Thin Bodies | 86 |
| The Concept of Beautiful Bodies | 90 |
| Sexual Self The Development of Secondary Sey Characteristics | 91 |
| The Development of Secondary Sex Characteristics The Human Reproductive System | 91 93 |
| The Administractive Dystem | 23 |

| Chemistry of Lust, Love and Attachment Understanding Human Behavior Why We Love: The Nature of Chemistry Diversity of Sexual Behavior Sexually Transmitted Disease Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self from the Standpoint of Economy Spiritual Self The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Ouststanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Erogenous Zone | 95 |
|--|--|-------|
| Understanding Human Behavior Why We Love: The Nature of Chemistry Diversity of Sexual Behavior Sexually Transmitted Disease Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | .98 |
| Why We Love: The Nature of Chemistry Diversity of Sexual Behavior Sexually Transmitted Disease Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming and Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 99 |
| Diversity of Sexual Behavior Sexually Transmitted Disease Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning and Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 102 |
| Sexually Transmitted Disease Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 103 |
| Methods of Contraception Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Ooutstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | ○ はいまだり かい かしかり | 104 |
| Material and Economic Self Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 107 |
| Role of Consumers Culture in our Sense of Self The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Ooot Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 108 |
| The Self from the Standpoint of Economy Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 110 |
| Spiritual Self The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV : Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Role of Consumers Culture in our Sense of Self | 111 |
| The Self as a Spirit The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | The Self from the Standpoint of Economy | 112 |
| The Practice of Religious Beliefs in Supernatural Beings Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Spiritual Self | 112 |
| Filipino Beliefs on the Supernatural The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | The Self as a Spirit | 112 |
| The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | The Practice of Religious Beliefs in Supernatural Beings | 113 |
| The Concept of Spirit or Soul Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Filipino Beliefs on the Supernatural | 115 |
| Rituals and Ceremonies Witchcraft or Witchery Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 117 |
| Magic or Sorcery Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning and Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 117 |
| Some Rituals of Offerings in the Country Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Witchcraft or Witchery | 119 |
| Political Self Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Magic or Sorcery | 120 |
| Developing a Filipino Identity Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Some Rituals of Offerings in the Country | 121 |
| Establishing Democratic Culture Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Political Self | 127 |
| Digital Self Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Developing a Filipino Identity | 127 |
| Web of Lust and Love Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Establishing Democratic Culture | 134 |
| Web of Sexual Lust Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Digital Self | . 134 |
| Signs of Love Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Web of Lust and Love | 135 |
| Online Dating Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Web of Sexual Lust | 136 |
| Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Signs of Love | 136 |
| Logotherapy Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Online Dating | 136 |
| Disclosure and Perceived Success in Internet Dating Impact of Online Interactions on the Self Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV : Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 137 |
| Gender and Sexuality Online Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 140 |
| Personal Identity Online Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Impact of Online Interactions on the Self | 143 |
| Effects of Exposure to Facebook on Self-Esteem Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Gender and Sexuality Online | 144 |
| Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Personal Identity Online | 144 |
| Learning Activities Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Effects of Exposure to Facebook on Self-Esteem | 144 |
| Reflection Figure Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | 147 |
| Part IV: Managing and Caring for the Self Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | | |
| Becoming a Good Filipino Citizen Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Reflection Figure | 151 |
| Learning to be a Better Student Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Part IV: Managing and Caring for the Self | 153 |
| Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Becoming a Good Filipino Citizen | 153 |
| Becoming an Outstanding Student Metacognition and Study Strategies Self-Regulated Learning Setting Goals for Success The Five (5) Golden Rules | Learning to be a Better Student | 156 |
| Metacognition and Study Strategies 16 Self-Regulated Learning 16 Setting Goals for Success 16 The Five (5) Golden Rules 16 | | 158 |
| Self-Regulated Learning 16 Setting Goals for Success 16 The Five (5) Golden Rules 16 | | 161 |
| Setting Goals for Success 10 The Five (5) Golden Rules 10 | | 163 |
| The Five (5) Golden Rules | | |
| | | 164 |
| Importance of Goals . 10 | Control of the Property of the Control of the Contr | 166 |
| | Importance of Goals | . 168 |

| Understanding the Self | |
|--|-----|
| Taking Charge of One's Health | 177 |
| Stressors and Responses | 178 |
| Coping Techniques | 180 |
| Dimensions of Stress | 182 |
| Social and Cultural Wellness | 182 |
| Taking Care of the Self | 183 |
| The Need for Self-care and Self-Compassion | 184 |
| Developing Self-Compassion | 184 |
| Learning Activities | 187 |
| Reflection Figure | 191 |
| References | 193 |
| Appendices | 195 |
| Self-Esteem Test | 197 |
| Self Esteem Scale | 199 |
| The Body Esteem Scale | 201 |
| Suggested Course Syllabus | 203 |