



CHED CURRICULUM COMPLIANT

UNDERSTANDING THE SELF

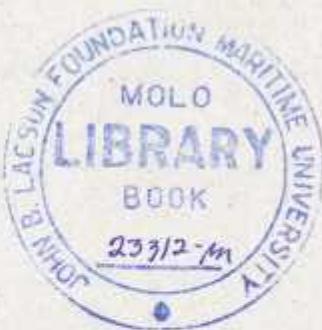
DEVELOPING LIFE SKILLS

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Understanding the Self

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Table of Contents

Preface	iii
Acknowledgments	v

CHAPTER

1 The Self: Its Nature and Significance	1
Case Analysis	2
The Nature of the Self	3
The Process of Discovering the 'Self'	3
The Johari Window: Getting to Know ' <i>The Self</i> '	4
Determining the Four Quadrants	4
It Pays to Read!	5
Workload 1.1 Think of It!	7
Workload 1.2 Examine It!	9
Workload 1.3 Let Us Apply It!	11
2 The Self: Philosophical Perspective.....	13
Case Analysis	14
Socrates	15
Plato	15
Saint Augustine	16
Rene Descartes	16
John Locke	17
David Hume	17
Immanuel Kant	18
Sigmeund Freud	18
Gilbert Ryle	19
Paul Montgomery Churchland	19
Maurice Merleau Ponty	20
It Pays to Read!	21
Workload 2.1 Think of It!	23
Workload 2.2 Examine It!	27
Workload 2.3 Let Us Apply It!	29
3 Concepts of Self: Eastern Philosophy	31
Case Analysis	32
Buddhism	33
Hinduism	34
Taoism	34
Confucianism	35

Workload 3.1 Let us Think of it!	37
Workload 3.2 Let us Examine It!.....	39
Workload 3.3 Let us Apply It!	41
It Pays to Know!	42
4 The Self in the Allied Sciences.....	43
Case Analysis.....	44
In Sociology	45
In Anthropology.....	46
In Psychology.....	46
It Pays to Read!	48
Workload 4.1 Let Us Think!	49
Workload 4.2 Let us Examine!	51
Workload 4.3 Let us Apply!.....	53
5 Physical Self: Image Matter.....	57
Case Analysis	58
What is Physical Development?.....	59
The Dynamics of Physical Health	59
Biopsychosocial Model of Health	60
Promoting Physical Image	60
Personal Hygiene	60
Good Grooming.....	61
Social Graces	62
Proper Bearing and Posture.....	64
Health	64
Workload 5.1 Let Us Think!	69
Workload 5.2 Let Us Examine!.....	71
Workload 5.3 Let Us Apply!.....	73
6 The Sexual Self	75
Cash Analysis.....	76
The Unfolding of the 'Sexual Self'	77
The Development of Gender Identity	78
Sexuality Without Responsibility	79
What are the Sexually Transmitted Diseases (STDs)?	79
Preventing Sexually Transmitted Diseases (STDs)	80
It Pays to Read!	81
Workload 6.1 Think of It!	83
Workload 6.2 Examine It!.....	85
Workload 6.3 Let Us Apply!.....	87

7	The Material Self.....	89
	Case Analysis.....	90
	The Nature of Materialism.....	91
	Reasons for Materialism.....	91
	The Concept of Self-Gift	92
	The Correlates of Materialism.....	92
	The Pursuit of Happiness	95
	It Pays to Read!	96
	Workload 7.1 Let Us Think!	97
	Workload 7.2 Let Us Examine!.....	99
	Workload 7.3 Let us Apply!.....	103
8	Moral Spiritual Development.....	107
	Case Analysis.....	108
	Morality	109
	Values.....	109
	Value Judgment.....	111
	Existential Humanism and The ' <i>'Self'</i>	111
	It Pays to Read!	113
	Workload 8.1 Let Us Think!	115
	Workload 8.2 Let Us Examine!.....	117
	Workload 8.3 Let Us Apply!.....	121
9	The Digital Self	123
	Case Analysis.....	124
	Digital Advancements.....	125
	The Impact of Digital Advancements to Identity	126
	Reasons for Engaging in the Digital Hype	129
	It Pays to Read!	130
	Workload 9.1 Let Us Think!	131
	Workload 9.2 Let Us Examine!.....	137
	Workload 9.3 Let Us Apply!.....	139
10	Intellectual Development.....	141
	Case Analysis.....	142
	What is Intelligence?	143
	Developing Intellectual Abilities	144
	Study Habits.....	144
	Understanding Learning Styles.....	147
	Developing Learning Skills.....	148
	Varied Learning Styles	148
	Managing Time.....	150

Developing Time Management Skills	150
Developing Decisiveness.....	151
Workload 10.1 Let Us Think!	153
Workload 10.2 Let Us Examine!	155
Workload 10.3 Let Us Apply!.....	157
It Pays to Read!	160
11 Emotion: Nature and Management.....	161
Case Analysis	162
What Kind of Emotions Affect You?	163
The Nature of Stress.....	163
Types of Stress	164
Effects of Extreme Emotions and Stress	165
Handling Extreme Emotions and Stress	166
Other Ways of Coping	167
The Role of Self Esteem in Coping.....	169
Signs of High and Low Self-Esteem	170
Developing High Self-Esteem	170
What Determines Your Ability to Manage Stress?	171
It Pays to Read!	172
Workload 11.1 Let Us Think!	173
Workload 11.2 Let Us Examine!	
Activity 1	175
Activity 2	176
Workload 11.3 Let Us Apply!	177
References.....	179