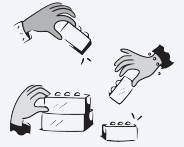


Identity - what makes you you? (Intermediate-advanced)



Name:

Date:

Activity 1 - who are you?

Alone or in groups, collect as many ideas as you can on the question of what constitutes your identity. What makes you you?

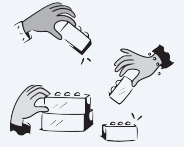
Different aspects of identity

Before exploring one aspect of identity in more detail, look at the different kinds of identity shown in the mind map. Is there anything missing in your opinion?



Identity - what makes you you?

(Intermediate-advanced)



Name:

Date:

Understanding Personal Identity

At the core of our being is the fundamental question of "Who am I?". This search for personal identity is a lifelong journey, as we work to understand ourselves and our place in the world. From a scientific perspective, our personal identity is shaped by a complex interplay of biological, psychological, and social factors.

At the biological level, our genes and brain chemistry play a significant role in shaping our personality, temperament, and cognitive abilities. Researchers have found that certain genetic variations are associated with traits like extroversion, neuroticism, and risk-taking behavior. The brain also has a profound influence on identity, with different regions responsible for various aspects of the self, such as self-awareness, decision-making, and emotional regulation.

Beyond the biological factors, our psychological development also shapes our personal identity. We engage in a process of self-exploration, questioning, and experimentation as we work to establish a coherent sense of who we are. Our hobbies, interests, and values are all integral parts of this identity formation.

The social context in which we grow up also has a significant impact on our identity. The people, cultures, and institutions we interact with all contribute to the formation of our self-concept. Our family, friends, and community provide us with feedback, expectations, and role models that influence how we see ourselves and the world around us.

Our personal values, beliefs, and moral principles are also key components of our identity. These shape our decision-making, our relationships, and our overall worldview. Whether it's a deep commitment to environmental sustainability, a passion for the arts, or a strong sense of social justice, our values are a fundamental part of who we are.

It's important to note that personal identity is not a fixed or static concept. Rather, it is a dynamic and evolving process that continues throughout our lives. As we encounter new experiences, relationships, and challenges, our sense of self will continue to shift and develop.

Answer the questions about the text

Which factor is primarily responsible for shaping our personality and temperament at the biological level?

- Educational background Social upbringing Cultural influences Genetic variations

How does the brain contribute to our personal identity?

- By shaping our physical appearance By determining our social status
 By regulating our hobbies and interests By controlling self-awareness and decision-making

In what way do social contexts influence our identity?

- By providing genetic variations
- By offering feedback and role models
- By controlling brain chemistry
- By determining cognitive abilities

Why is personal identity considered a dynamic process?

- Because it evolves with new experiences and relationships
- Because it remains constant throughout life
- Because it is unaffected by social and psychological factors
- Because it is influenced solely by genetic factors

Which component of identity is shaped by our values and beliefs?

- Our decision-making and relationships
- Our physical appearance
- Our genetic makeup
- Our cognitive abilities

How do researchers link genetic variations to personality traits?

- Through the study of educational achievements
- By analyzing brain activity during decision-making
- By examining the influence of social contexts
- By identifying associations with traits like extroversion and neuroticism

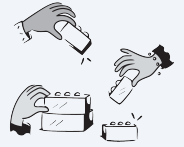
Which aspect of the self is associated with brain regions responsible for emotional regulation?

- Hobbies
- Temperament
- Self-awareness
- Values

What role do hobbies and interests play in personal identity?

- They are influenced primarily by biological factors
- They are integral parts of identity formation
- They determine our brain chemistry
- They shape our genetic makeup

Identity - what makes you you? (Intermediate-advanced)



Name:

Date:

Explore identity

These questions are supposed to help you understand the concepts better by asking yourself some personal questions. You do not have to share your answers with anyone. This is your space.

How do you think your friendships and social circles have influenced your sense of self and identity?

What role do your goals and aspirations play in shaping your identity?

In what ways have your experiences with failure or setbacks influenced your personal identity?

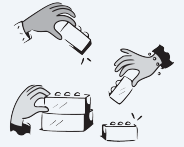
How do cultural and societal expectations impact your sense of identity?

What personal values are most important to you, and how do they guide your actions and decisions?

How do you think your identity might change in the future as you gain new experiences and knowledge?

Can you think of a time when you felt a strong sense of self-awareness? What triggered that feeling?

Identity - what makes you you? (Intermediate-advanced)



Name:

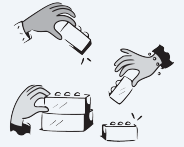
Date:

Assignment

Create a collage that represents the key influences on your personal identity.

Creative space

Identity - what makes you you? (Intermediate-advanced)



Name:

Date:

What influences us?

Read the chat conversation

IA Interview with Young Adults

Hey Jamie, I've been thinking a lot about personal identity and how role models influence us. Do you think role models play a big role in shaping who we are?

Definitely, Alex. I think role models, like our parents or even celebrities, can impact our values and choices. They give us examples to follow or sometimes even to avoid.

Yeah, I agree. But what about stereotypes and labels? Do you think they affect our identity too?

For sure. Stereotypes can really limit how we see ourselves and what we think we can achieve. It can be tough to break out of those boxes society puts us in.

Exactly. I feel like labels can sometimes make us feel stuck, like we have to fit into a certain category. It's challenging to define our own identity when others are constantly labeling us.

That's true. But I think it also depends on how we respond to those labels. We can choose to either accept them or challenge them and redefine ourselves.

Good point. Do you think our personal values can help us navigate through these stereotypes and labels?

Absolutely. Our values are like a guide that helps us make decisions and stay true to ourselves, even when others try to define us.

I couldn't agree more. It's all about staying true to who we are and not letting others dictate our identity.

Exactly. It's a continuous process of self-discovery and growth. We just have to keep learning and evolving.

Write a personal response to the chat, explaining your own opinion.
