# “3-minute Concept” Animated Video Clips Series:

# “Self-concept”

# Worksheet

1. **Fill-in-the-blank questions**

**Write the correct answers in the spaces provided.**

Psychologist Carl Rogers proposed that “Self-concept” is made up of three components, including:

\_\_\_\_\_\_\_\_\_

(how others think of us)

Self-concept

(the way we think about ourselves)

(what kind of a person you want to be)

\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_

1. **Matching**

Match the following examples with the three components of “Self-concept”.

**Examples Three Components of**

**“Self-concept”**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Yuen Wai loves singing. She has never won a prize despite numerous attempts. She believes that after ceaseless polishing, she will become a singer. | **●** |  | **●** | Real self |
|  |  |  |  |  |
| Chi Fai wants everything to be perfect. He thinks that his classmates find him very picky about everything. But in fact, they think he is serious and careful. | **●** |  | **●** | Ideal self |
|  |  |  |  |  |
| Chui Yi is fond of many sports and she is the volleyball team captain. She thinks that she is an active person. | **●** |  | **●** | Perceived self |

**C. Short Question**

How can we better understand ourselves?

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