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

**Self-concept**

**Subtitles**

3-minute Concept

**Self-concept**

Life and Society (Secondary 1-3)

Personal, Social and Humanities Education Section

Curriculum Development Institute

Education Bureau, HKSAR Government

Adolescence is an important stage of growth. During this stage, if young people can learn about their strengths, weaknesses and potentials, they can strengthen their weaknesses, utilise their talents and appreciate themselves, which will help them become better persons.

As you are going through adolescence, how well do you know yourself? Have you considered what kind of a person you are? “Self-concept” refers to how we see ourselves, including our appearance, personality, abilities, preferences, strengths, weaknesses, etc.

“Self-concept”

According to psychologist Carl Rogers, self-concept is made up of “real self”, “perceived self” and “ideal self”.

“Real self”

“Real self” refers to the way we think about ourselves. For example, Chi Hin always forgets to bring the house key or turn off the tap after washing his hands, so he considers himself a careless person. Or Chui Yi is fond of many sports and she is the volleyball team captain. She thinks that she is an active person.

“Perceived self”

“Perceived self” refers to how others think of us. Very often, “perceived self” and “real self” are not identical. For example, Ka Ki does not like to talk too much. She then thinks her classmates do not want to be friends with her. But in fact, Ka Ki’s classmates find her polite and helpful, and like being her friends. In another example, Chi Fai sets high standards for himself, and he wants everything to be perfect. He thinks that other people will find him very picky about everything. But in fact, Chi Fai’s classmates think he is a responsible, serious and careful person.

“Ideal self”

“Ideal self” refers to what a person you want to be. If our “real self” is closer to our “ideal self”, we will be more satisfied with ourselves. On the contrary, if our “real self” and “ideal self” are very different from each other, we will easily feel upset and frustrated. Facing the difference between the “real self” and “ideal self”, some people will take it as motivation to improve and enhance oneself in order to move closer to the “ideal self”. For example, Yuen Wai hopes to develop her singing talents, but she is anxious about performing publicly. She feels frustrated about the difference between her “real self” and “ideal self”. In order to overcome her stage fright, she actively joins different singing contests to gain opportunities to perform in front of an audience, and gets very good results.

Self-concept is not unchangeable. As we have more life experiences and self-reflections, we will form new understanding and views about ourselves.

Reflection Questions

How much do you know about yourself?

How can we better understand ourselves?