

National Institute of Open Schooling
Senior Secondary
Lesson 16 – What is Self?
Worksheet-16

1. Explain the concept of 'self'. Describe how you perceive your individual self.
2. "The experience of self is a very common but complex phenomenon." Discuss the given statement.
3. According to modern psychology, a different level of self exists in a human being. Elucidate upon the different types of self in detail.
4. Compare the Pancha koshas theory to different types of self given in modern psychology. Identify the similarities and differences between both.
5. Interview any four friends or family members. Collect information on their understanding of the word "self-esteem". Write a report comparing the collected information to the definition provided in the text.
6. Explain the concept of self-efficacy using at least two examples.
7. Explain how self presentation and self-monitoring can be used for one's own benefit.
8. Self-serving bias can act as a barrier leading to unrealistic self-appraisal. In your opinion, is the statement relevant or not? Justify your answer with reasons.
9. Analyze the concept of self in relation to other construals such as cognition, motivation and emotion.