

Skills for Living

Frances Baynor Parnell



by
Yvonne Gentzler, Ph.D
Liz Romero, Ph.D.



Goodheart-Willcox Co., Inc.
Tinley Park, Illinois

Chapter 1

Understanding Yourself

- In this chapter, you will learn



Topic 1-1

All About You

- In this topic, you will learn about the factors that help make you a unique person
 - ❖ Your heredity
 - ❖ Your environment
 - ❖ Your cultural heritage
 - ❖ Your personality
 - ❖ Your character
 - ❖ Your self-concept

All About You

Objectives for Topic 1-1

After studying this topic, you will be able to

- identify the factors that help make you a unique person
- describe how personality develops
- list ways to improve self-concept
- relate self-esteem to a positive self-concept

Topic 1-1 Terms

- ❖ heredity
- ❖ environment
- ❖ cultural heritage
- ❖ ethnic group
- ❖ personality
- ❖ character
- ❖ empathy
- ❖ self-concept
- ❖ self-esteem

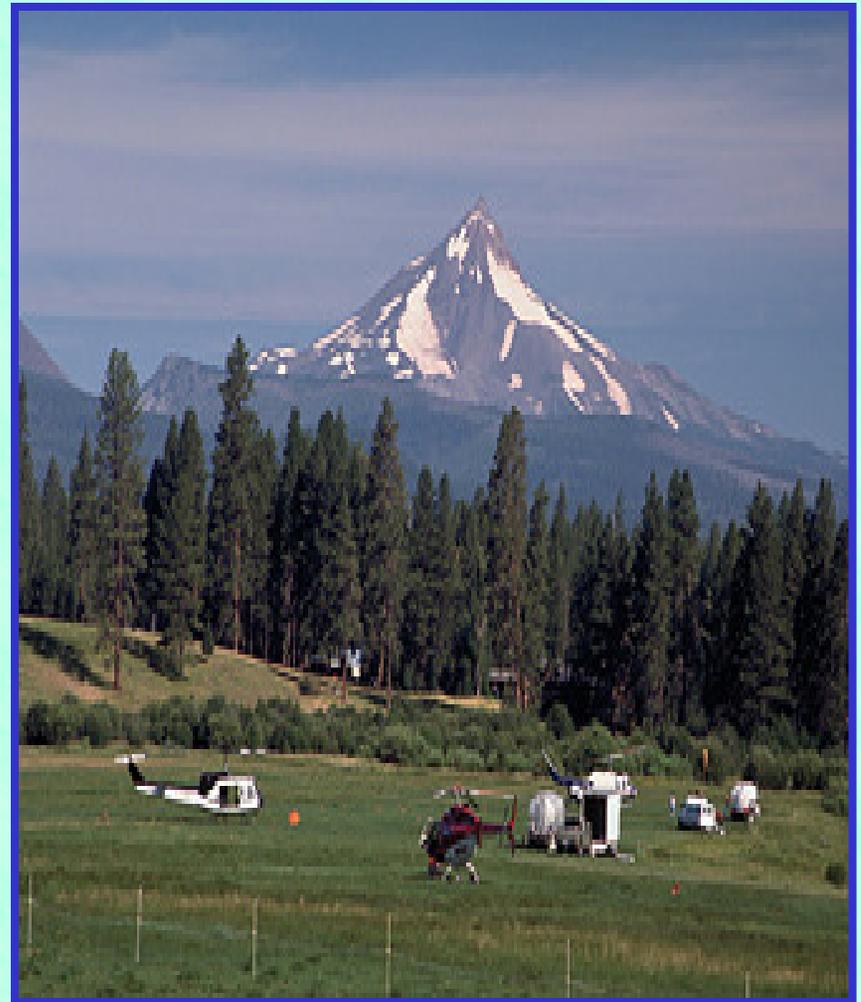
Your Heredity

- *Heredity* is the sum of all the traits passed on through genes from parents to children



Your Environment

- *Environment* is everything that surrounds you
 - ❖ It influences your inherited traits



Your Cultural Heritage

- *Cultural heritage* is all the learned behaviors, beliefs, and languages that are passed from generation to generation
- An *ethnic group* is a group of people who share common racial and/or cultural characteristics



Your Personality

- *Personality* is all the behavioral qualities and traits that make up an individual
 - ❖ It is the blending of your heredity, environment, and cultural heritage



Your Character

- *Character* includes inner traits, such as conscience, moral strength, and social attitudes
- *Empathy* is understanding how others feel

Character Traits

- Common character traits include

- ❖ caring
- ❖ empathy
- ❖ fairness
- ❖ trustworthiness
- ❖ respect
- ❖ responsibility
- ❖ citizenship

Your Self-Concept

- *Self-concept* is your view of yourself



Positive and Negative Self-Concept

- With a *positive self-concept*, you see yourself as worthwhile
- With a *negative self-concept*, you feel uncertain and may not see yourself as worthwhile



Improving Your Self-Concept

- There are several steps you can take to improve your image of yourself
 - ❖ Be realistic about your expectations of yourself
 - ❖ Develop your talents and abilities
 - ❖ Look for positive relationships with others
 - ❖ Spend time doing activities you enjoy
 - ❖ Develop a sense of humor

Your Self-Esteem



- *Self-esteem* is the sense of worth that you attach to yourself as a human being

Activity

- Pair up with a classmate and brainstorm your similarities and differences in each category

Factors	Similarities	Differences
Heredity		
Environment		
Cultural heritage		
Personality		
Self-concept		

Summary for Topic 1-1

- These factors help make you a unique person
 - ❖ heredity
 - ❖ environment
 - ❖ cultural heritage
 - ❖ personality
 - ❖ character
 - ❖ self-concept

