### Course title
Introduction to Self and Identity.

### Instructor’s name
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### Affiliation
Faculty of Psychology and Faculty of Polish Studies, University of Warsaw

### Course format
Seminar

### Number of hours
15

### Number of ECTS credits
2

### Brief course description
The course will introduce students to the various psychological concepts of self and identity and to several psychological ways to measure them. This course will also examine contemporary research into the inherently social, cultural, political and multifaceted nature of selves and identities.

### Full course description
The course will not cover all issues concerning the self and identity in humanities. However, it will provide you with knowledge on key concepts in psychology. First of all, we will define terminology regarding identity in psychology and the distinctions between various concepts of identity. The second class will be devoted to identity creation and its unconscious aspect - implicit self. Then we will focus on the social identity and how identity depends on relations with people and culture. We will try to find out if it is possible to distinguish between “true self” and the different faces that people present to others depending on circumstances. During the next class we will examine how autobiographical memory shapes the self and what is the role of narratives and language in that process. At the fifth class several psychological identity measures will be presented, you will thus be provided with practical tools for your thesis. Then we will discuss examples of unhealthy identity. Finally, during the last class, the humanistic background for psychological identity theories will be outlined.

### Learning outcomes
Students will be able to distinguish various concepts associated with identity in psychology and will be equipped with several psychological tools to measure them. Interdisciplinary approach will allow students to fully recognize psychological concepts of identity in the field of humanities, thus giving them the flexibility and confidence in using them in their work.

### Learning activities and teaching methods
The class is based on mini-lectures, students’ presentations, group work, exercises and discussions. The discussions will focus on the issues and questions raised by the assigned, obligatory texts, my lecture, which will cover the suggested readings, the presentations and outcomes of the group work and exercises. The idea of the discussion is not to test your
knowledge, but to allow you to engage more fully with the course material. This means that any remark, raising/answering a clarification question or raising/responding to a complex analytical question are worth the same.

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### Assessment methods and criteria

Your grade will be composed of the following three assessment components:

1. Class Participation & Attendance 30%
2. Oral Presentation 30%
3. Exam 40%

**Ad 1.** You are expected to come and be prepared for class. Attending at least 7 classes is required. Also students must read all the assigned obligatory materials for each session and bring these materials to class (on paper or digitally). This is usually one book chapter or an article. Your preparation for the class might be checked by short, written quizzes, for which you can get points. This grade is also supplemented by active, productive in class participation.

**Ad 2.** You are required to prepare one presentation during the course. In your presentation (of about 5 minutes) you are expected to shortly introduce an aspect of the readings that you find interesting or controversial, and bring up questions for discussion. You are encouraged to compare the readings to what we have discussed in previous weeks, relate to your classmates’ discussion points, or bring in a relevant case study. Whatever you choose to do, make sure your discussion point is focused and concise. Do not summarize an entire material - your assignment is to take a step further and open a discussion.

**Ad 3.** Multiple choice test. The idea of this exam is that if you attended the classes and have thoroughly prepared for them throughout the course, you will have no difficulty with the exam. You do not need to read suggested readings to pass the exam, all the required information will be provided during the classes.

### Attendance rules

One absence is allowed. If you are unable to attend, you are responsible for independently catching up on course material and class discussion. If you miss more than one class you will be given additional assignments to fulfill. If you miss more than two classes you will not pass the course.

### Prerequisites

Introductory psychology course

### Academic honesty

Students must respect the principles of academic integrity. Cheating and plagiarism (including copying work from other students, internet or other sources) are serious violations that are punishable and instructors are required to report all cases to the administration.

### Basket

4. Personality, Emotions, Motivation and Individual Differences

### Remarks