

Sukurat Jawando

Professor Jean Carlton

SWK 246

16th March 2023

Activity 3

Activity 3.1

1. Friendly, Outgoing, Approachable
2. Extrovert, Self reliance, Conscientious
3. Christian, Cultural, Love
4. Mother, Student, Sibling
5. Logical thinking, Continuously learning, improving self
6. Fit, Beautiful, nice
7. Singing, Creative, Intelligent
8. Woman, Black, Accent

Activity 3.2

- 1) Christian
- 2) Love
- 3) Woman
- 4) Black
- 5) Mother
- 6) Student
- 7) Beautiful
- 8) Improving self
- 9) Intelligent
- 10) Creative
- 11) Logical thinking
- 12) Conscientious
- 13) Self reliance
- 14) Fit
- 15) Friendly
- 16) Approachable
- 17) Nice
- 18) Accent
- 19) Continuously Learning
- 20) Singing

Activity 3.3

These attributes have contributed to positive self esteem

- Being a mother after a failed marriage and over 10 years waiting to have a child. I am fulfilling being a mother.
- Knowing Christ has contributed to a positive self esteem in my life. Colossians 1:27 "Christ in me the hope of glory". This is my favorite passage in the Bible. This forward looking guarantee of perfection is a constant reminder of God's perfect love for me.
- Being back in school to learn and improving myself
- Being Black, beautiful, intelligent and fit

These attributes have contributed to negative self esteem

- Having an accent is a quick reference during communication. Due to stereotyping, I have had to constantly adjust my accent to an acceptable level for easy understanding. I fear I will lose touch with my roots soon enough.
- Being Black, beautiful and intelligent might be a great combination that gives one an edge as a woman but in some parts of the world, it is a powerful threatening combination for stereotyping, sexism and racial discrimination. I have to downplay myself and do twice the work to be recognized.

These self concepts are based off obsolete assumptions and social expectations

- Fit is now a standard for determining social acceptance. Having to conform to socially acceptable expectations is a lot of work. I have decided to be disciplined instead and not waste so much of my time and resources fitting in.