

SOCIAL PSYCHOLOGY  
STUDY GUIDE  
THE SELF – Chapter 4

This paper is in addition to your self collage! Pick any three concepts.

**Use any three for your self-assessment paper**

1. Explain and give personal examples of Tesser's self-evaluation maintenance model, including both the comparison effect and the reflective effect.
2. Explain three ineffective self presentation strategies and relate them to a situation in your life.
3. Explain self monitoring, the difference between high and low self monitors and relate each these three terms to a situation in your life.
4. Explain how the following terms relate to self-presentation and give an example of each in your own life:
  - self esteem (high and low)
  - BIRGing (Basking in Reflected Glory)
  - social context and its two subcategories
5. Pick three of the self-presentation manipulation strategies discussed in class. Explain and relate each of these three strategies to a situation in your life.
6. Explain and give personal examples of the three primary sources of information from which self concept derives.
7. Explain at least four of the advantages of being happy and relate them to your life.