**A**

**Study/Review Questions (Expanded Answers)**

Review your 30-day CCCR responses. Expand responses with additional learning from your developmental reading and contextualization in your profession, life goals, and service. Include proper APA documentation of sources used in addition to the course material.

**120-day** - **Terminal Course assignment(s) in lieu of final exams**

1. **Comprehensive Core Content Review (CCCR-2)** Study/Review Questions (Expanded Answers) Review your responses to the CCCR-1 questions listed in the 30-day assignments for each course in this Learning Contract. Expand responses with additional learning and contextualization in your profession, life goals, and service.

B. **Course Learning Journal** (Instructions below)

**30-day assignment questions**

* Discuss Maslow's concept of self-actualization in terms of the fulfillment of needs.
* Describe the self from a systemic perspective.
* Describe how self-esteem may be blocked and what may develop high self-esteem.
* Discuss your understanding of the self?  How does it relate to religion?

**Question 1 –**

**Discuss Maslow's concept of self-actualization in terms of the fulfillment of needs**.

**120days expanded responses**

According to Merriam’s dictionary, Self-actualization (Merriam-Webster 2025) is the process of fully developing and using your abilities. This represents the best version of a person’s, capabilities, true potential, growth, and peak of experiences. Other descriptive words used, include self-discovery, fulfillment, and introspection. Although Maslow mentioned esteem needs for respect and recognition, his list places self-actualization at the very top above physiological, security, love and belonging, and esteem needs. Identifying it as the highest motivation is to pursue personal growth and fulfillment to reach full potential.

He indicated that the need for Self-actualization is deeply embedded in nature and physique. It can also manifest itself as an inner struggle and competitiveness. The downside of this includes self-rejection and hate, anger, hurt, love/hate, depression, and a deep longing for the enjoyment of pure love and affection. Unless those suffering from these needs can accept themselves for who they are; not negating their limitations and faults, then their expectation of self-actualization will be unrealistic, unmet, and unrealized. For example, I have seen this particular struggle in a young East Indian man. He was born into a home where his father was a Hindu and his mother a born-again Christian. His struggles began when he failed one out of eight (8) courses in his final examination at the University of the West Indies (UWI). This meant he had to redo an entire year of studies and pay extra tuition before he was qualified to be awarded his first degree. He demonstrated signs of being very nervous, and continually hipper, never in a state of being settled. Biting his nails, fidgeting, moving, rapid eye movement, to the point where today he is a stone-cold alcoholic. His father died and this person constantly threatens his mom to take her life or his own life.

Attempting to realize self-actualization without God, or His Word, can bring about disastrous results. Attempting to use one’s own strength and power; self-awareness; proper choices; or strong power of will, to achieve one’s true potential is simply inadequate. Balance is always recommended.

Unlike Maslow's concept, which only places self-actualization at the top of a list without making any recommendations or suggestions. However, based on the Bible and by extension the Christian faith recommend that people commit their ways and communicate their desires to Him daily. This willingness and submission to God’s purpose and plan for their lives can bring them to their full potential or self-actualization.

Strangely enough, this writer simply made herself available to do whatever was needed to be done in the Church. In so doing I found my purpose and destiny without having to struggle with self-actualization.

**Question 2**

**Describe the self from a systemic perspective**

From a systemic perspective, the self is a complex, multilevel system that is shaped by interactions between the individual and their social world. The self is dynamic, organized, and goal-oriented, and it operates as a self-control system. It's also interpersonal, meaning that the self is constructed through interactions with other people.

A systemic perspective emphasizes togetherness; our way of life emphasizes separateness. A systemic view emphasizes cooperation and reciprocal influence; our way of life emphasizes competition and coercive influence. Systems highlight the ongoing relationship to society, culture, and nature and concern itself with holism. Systemic thinking affirms that all the elements of the universe are interrelated and in a reciprocal relationship. The human self is a relatively open system rather than anonymous and non-social (restoring and transforming persons and their contexts)

**Expand responses - Describe the self from a systemic perspective and contextualization in your profession, life goals, and service.**

Self-consciousness and self-knowledge are different concepts from self-awareness (Julia Carden 2025), but they can be easily confused. However, they are joined together by the key phenomes of the self. It is important to note that the self has two distinctive (1) observing others in the social processes and communication; and (2) where there exist several layers and dimensions to the self, in both the conscious and the unconscious. The difference between the two is viewed by the perception of others or from an interpersonal perspective of oneself. The self is multidimensional and consists of both conscious and unconscious layers. Thus it begs the question of who you are, of which the answer gives many descriptions.

A systemic self-description directs us to observe the self, to focus on the hidden, restricted, or subjective aspects of one’s life. to see oneself initially, it is a difficult thing or within one’s emotions, thoughts, or past experiences. However, this is where triggers can take place and manifest themselves in particular behaviors or attitudes. For example, inclinations to tell lies under pressure or even to withhold from giving compliments. These factors can further be compounded by cultural patterns; socialization; and external and internal environments including the family unit, community, and even religious settings. becoming more consciously aware of oneself is a recommended method.

**Question 3 – 30 days**

**Describe how self-esteem may be blocked and what may develop high self-esteem**.

The self is an evaluator of self: High self-esteem vs. low self-esteem. Self-esteem is a complex issue. Coopersmith defines self-esteem as the interaction of success, values, desires and defenses. Self-esteem involves the process and the results of comparing our ideal self with our perceived achievements. Some of the contributors to healthy self-esteem are: individuality, integrity, connection, personal power, risk-taking, achievement, self-respect, and self-talk. Self-esteem is not synonymous with self-confidence, although self-confidence is a part of self-esteem.

Blocks to high self-esteem include feelings of inferiority, depression, anxiety, guilt, resentment, and fear. People with low self-esteem often exhibit more social distance from others, are less people-oriented, and come from a socially rejected group.

While low self-esteem can be fostered by put-downs, discounting, threats, loneliness, powerlessness, frustration, and intolerance, high self-esteem can be built by encouragement, acceptance, understanding, appreciation, comfort, and trust.

**120-day expanded answer, describe how self-esteem may be blocked and what may develop high self-esteem.**

Coopersmith defines self-esteem as the interaction of success, values, desires, and defenses. Self-esteem includes the issues of self-worth, identity, and values and how individuals feel and react in different circumstances. It deals with social skills. It involves the process and results of comparing our ideal self with perceived achievements. It is understood that Self-esteem is a complex issue and more so low self-esteem. Some see self-esteem as weak and contradictory or as a problem, and place it into the category of low and high. Low self-esteem, can be fostered by put-downs, discouragement, threats, loneliness, powerlessness, frustration, and intolerance. High self-esteem can be built by encouragement, acceptance, understanding, appreciation, comfort, and trust. The idea of self-esteem, be it high or low, is part of human nature; it is a part of the inner life ie part of the psychological makeup of a person.

But blockages to high self-esteem include feelings of inferiority, depression, anxiety, guilt, resentment, and fear. People with low self-esteem often exhibit more social distance from others, are less people-oriented, and come from a socially rejected group based on poverty, low educational levels; or some physical abnormality.

To build self-esteem it will require mental strength, faith, commitment, and patience. Whether the root of the problem is inborn, put on, developed over time, or came from a spiritual or natural source. Therefore, having a balanced or healthy self-esteem is recommended. A Re-education would be necessary. Some contributors to healthy self-esteem are: individuality, integrity, connection, personal power, risk-taking, achievement, self-respect, and self-talk.

Research on a psychologically healthy person Witmer (1986) includes - a sense of worth, control; humor; spontaneity and emotional responsiveness; creativity; realistic and rational beliefs; intellectual development and activity; social connectedness, and work (play) satisfaction.

**Question 4**

**Discuss your understanding of the self.  How does it relate to religion?**

In psychology, the self (Hulatt 2022) can be defined as the individual as a whole, including all characteristics, attributes, mentality, and consciousness. This includes a person’s consciousness of their physical self, character, and emotional life. Two Psychologist (1) Carl Jung, states the self gradually develops through the process of individuation or unique person, which is completed in late maturity. (2) Carl Rogers also describes the self as having three parts: self-image, the ideal self, and self-worth. Rogers comes closest to the Biblical or Western Christian position which indicates, that human beings or mankind were made in the image and likeness of God, the Creator. It further states that man is bent on sinfulness based on an inherently sinful nature mental processes and spirit.

I may agree with the above psychology but find it complex to explain the “Self” as it is not a topic I have focused on singularly. Even so, one can define themselves based on their opinions, beliefs, past experiences, actions, birthplace or order, or religion. For instance, to consider a child he should develop a healthy sense of self and self-esteem as an adult; based on if he grew up in a healthy, wholesome environment. On the other hand, the opposite occurs. Bad habits and characteristics would be evident in his life. He would need to rely on others to make them feel comfortable. Also, I understand the self to be an indispensable part of a person that they have to live with, how we think, and what we think about this self, based on the knowledge we have at a given time.

The fact that the self relates to religion, or by extension, God, puts them in a higher category than other creatures, such as plants and animals. People, also are more prone to do religious things than to become religious. All in all, a religious self has to be intrinsically motivated on a personal level. For the Biblical or Western Christian goes even further and believes in the salvation and conversion of the soul. In so doing the soul can be cleansed and washed and live a life well pleasing to God, eternally.

**Course Learning Journal**

**[120-day assignment] –**

**Course Learning Journal requirements – Questions include -**

1. Describe your personal growth–
   1. how the course stretched or challenged you–
   2. your progress in mastery of course content and skills during the week–
2. What new insights or skills you gained.
3. Add a reflective entry that describes the contextualization (or adaptation and relevant application) of new learning into your professional field.
4. What questions or concerns have surfaced about your professional field as a result of your study?

**Responses to Learning Journal**

1. **A description of my Personal Growth**
   1. How has the course stretched or challenged you?

Self-concept has challenged me to think broader, beyond the boundaries of my concept of others. The issue of the Self is genetic, there is no respect for position, status, or ethnicity. For we all as humans have a Self to deal with. The self is something we were indoctrinated to deny. Thus, upon my entry into this course, I frowned at the thought of even making this a topic. I could not fathom how the issue of the self can be considered to be an entire module, in a collage. At the top of my mind, I thought it had been a grave mistake, nevertheless, I sat back and decided to take in the contents information by being opened even in my uneasiness. The information never hit me until I began noticing certain behaviours in believers’ lives that were mentioned in this course, Manuel. To the point where I can identify cases that are in keeping with the profile of the Self-Concept.

* 1. What new insights or skills have you gained?
     1. Some people’s self-actualization is away from something e.g. poverty, while others are toward something, in terms of recognition and importance. But it all begins with the satisfaction of the self, in self-actualization.

1. **Reflection**

Describe the contextualization (ie to place words, ideas, or events within their relevant background or surrounding circumstances to enhance understanding and comprehension) (or adaptation and relevant application) of new learning in your professional field.

* 1. New learning came about from my attempt to answer the questions from the course objectives

The necessity for Assertiveness – this came about in my attempt to answer the question of self-esteem (Describe how self-esteem may be blocked and what may develop high self-esteem.

Researching this issue caused me to look within myself and to question whether I have an issue with low self-esteem. As a matter of fact, it troubled me for a few days, to the point that I had to seek feedback from a mentor. Later I faced a situation in my church where my self-esteem became weaned. This is where I discovered the idea of assertiveness. The definition includes showing confidence and force. The opposite is timid or frigid. Being assertive means communicating with others in a direct and honest manner without intentionally hurting anyone’s feelings. I also learned that direct communication can reduce conflict, build self-confidence, and enhance personal and work relationships when considered one of the course objectives. More so, assertiveness is a skill that anyone can learn. Based on what I encountered, I realized, I had to be assertive, even in the face of a challenge.

* 1. In my profession, goal, and life I tried being passive but this came across to others as having low self-esteem, who can be walked over, or even as a weak person. I tried coming across as bold, and aggressive, but that image caused people to back away from me. Then I settled on being assertive, confident, simple, and sensible. Know when to move forward and to stand up and when to be passive and withdraw. However, I came to realize that being balanced is the key. Although one can learn and develop their identity, I believe that self-esteem is an innate commodity, it lies deep within a person's personality.

1. **Question (professional field; graduate program.**
2. What questions or concerns have surfaced about your professional field as a result of your study?

**Conclusion –** Questions & concerns about the graduate program

* 1. I am thankful for this learning journal because I had some questions early in the course, but now I can place them here.

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