

Identity and Self-Concept

Name _____ Date _____

1. What combination of things typically makes up a person's self-concept?
A) Only school marks
B) Only what friends think
C) Only physical appearance
D) Traits, roles, values and interests together
2. What is self-concept?
A) The overall picture a person holds of who they are
B) How proud a person feels of their achievements
C) The list of hobbies a person enjoys
D) The opinion other people have of a person
3. Whose input can shape a person's self-image?
A) Only what appears on social media
B) Only what parents decide at home
C) Only what teachers say in school reports
D) Both other people's reactions and the person's own actions
4. What usually happens to a person's interests and self-view between the ages of 13 and 16?
A) They stay completely fixed the whole time
B) They are decided entirely by parents
C) They often shift and develop as the person has new experiences
D) They cannot change until adulthood
5. What does it usually mean when a teenager tries out a new friend group, style, or hobby?
A) It proves earlier friendships were fake
B) It is something only indecisive people do
C) It is a normal way of exploring different possible identities
D) It is a sign of an unstable personality
6. What does it mean to say that identity is still under construction during the teenage years?
A) It is broken and needs to be fixed by adults
B) It is something only confused teenagers experience
C) It is still forming and changing, not yet a finished, fixed thing
D) It has already been fully decided by age ten
7. Is it normal for a teenager's sense of identity to change between the ages of 13 and 17?
A) No, identity is fixed from birth and never changes
B) Yes, but only if something goes wrong at home
C) Yes, identity naturally develops and shifts during the teenage years
D) No, only unusual teenagers change their identity

Answer key

1. D 2. A 3. D 4. C 5. C 6. C 7. C