

Identity and Self-Concept

Circle the letter of the best answer.

Name _____

Date _____

1. What is self-concept?
A) The list of hobbies a person enjoys
B) The opinion other people have of a person
C) How proud a person feels of their achievements
D) The overall picture a person holds of who they are
2. What is self-esteem?
A) How many friends a person has and how popular they are
B) The list of school subjects a person is especially good at
C) How much a person values or feels good about themselves
D) How much other people praise a person for their work
3. Which of these is a value rather than a preference?
A) Treating people fairly
B) Liking spicy food
C) Enjoying loud music
D) Preferring baseball over badminton
4. A girl is a daughter at home, a striker on her soccer team, and class president at school. What does this show about her identity?
A) She is being different people to please others
B) She holds several roles at the same time
C) She has not chosen her real identity yet
D) Her identity is still confused and unclear
5. A girl sees herself as shy at home but her classmates describe her as confident and talkative in the debate club. What does this show?
A) She is lying to one group of people
B) How you see yourself can differ from how others see you
C) One of the two views must be completely wrong
D) Her personality has been split into two people
6. A boy is called the naughty one by his relatives at every family gathering. What is this an example of?
A) His own self-chosen identity
B) His true and permanent identity
C) A fact proven by his behavior
D) A label being placed on him by others
7. What does it usually mean when a teenager tries out a new friend group, style, or hobby?
A) It is a sign that the teenager has an unstable personality
B) It mainly shows the teenager is trying to annoy their parents
C) It is a normal way of exploring different possible identities
D) It proves that the teenager's earlier friendships were fake
8. Whose input can shape a person's self-image?
A) Both other people's reactions and the person's own actions
B) Only the comments teachers write in school reports each year
C) Only the decisions parents make for them at home, nothing else
D) Just the likes and comments a person gets on social media
9. Is it normal for a teenager's sense of identity to change between the ages of 13 and 17?
A) Yes, but only when something has gone wrong at home or at school
B) No, a teenager who changes like this is usually just copying friends
C) No, identity is mostly settled by the time a person turns thirteen
D) Yes, identity naturally develops and shifts during the teenage years
10. Two students from similar families choose very different paths, one joins a debate club and the other joins a music band. What does this show about identity formation?
A) Their identities have to be decided entirely by their families
B) Identity is decided only by circumstances, not choices
C) Personal choices, not just family background, help shape a person's identity
D) Only one of them can have a real identity

Answer key — fold under before giving this to a child

1. D 2. C 3. A 4. B 5. B 6. D 7. C 8. A 9. D 10. C