


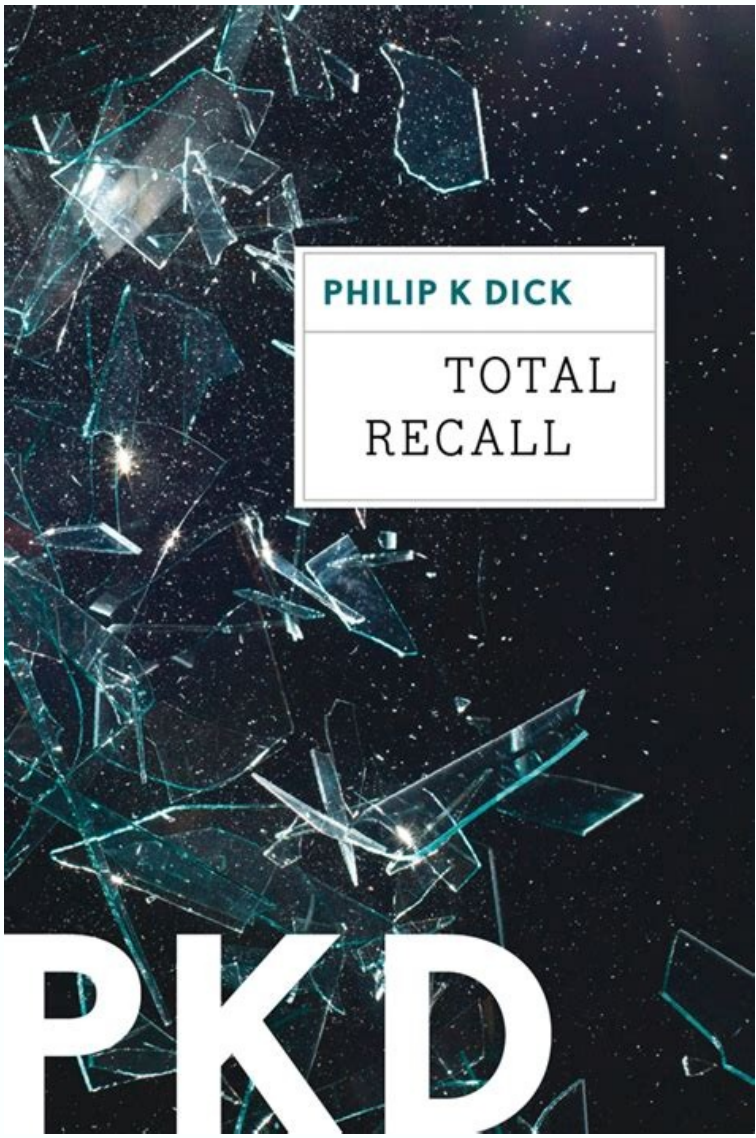
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G.T., Student, CA

After years of tutoring that did not work, I finally understood more about learning in just the first week, than I had in 9 years of school. In less than 3 months, I was able to raise my grades to be accepted to the high school I wanted all because of Total Recall Learning™

★★★★★



Jai Simpson, AK

I was having trouble passing my exams until I discovered Total Recall Learning™.

This course gave me all the skills I needed and I'm proud to say: I now work as a First Assistant Surgical Tech, right along the surgeons in the operating room because because of what I learned in this course.

★★★★★



Debbie Lattuga, Parent, FL

My daughter was struggling in school and we had tried everything! Nothing worked.

Then, together, we took Pat's course. My daughter's grades improved so quickly, she went on the honor roll and stayed there. One of the strategies literally worked overnight!

★★★★★



Mario Lua, Parent, Santa Rosa, CA

My son was told he had learning disabilities, but as soon as he learned the strategies in Total Recall Learning™, all his grades improved and he went right into the regular classroom. It's amazing how much sharing this powerful learning system changed my son's life, in just a couple of short weeks!

★★★★★



Kathy Smith, Parent, Delton, MI

My son had reading challenges and the information in this course, changed his life in every way. Pat's Eye-Q Reading Inventory in the beginning of the course showed us what to do about those challenges. This course information helped my son turn everything around and get A's and B's in less than 6 weeks! Thank you so much!

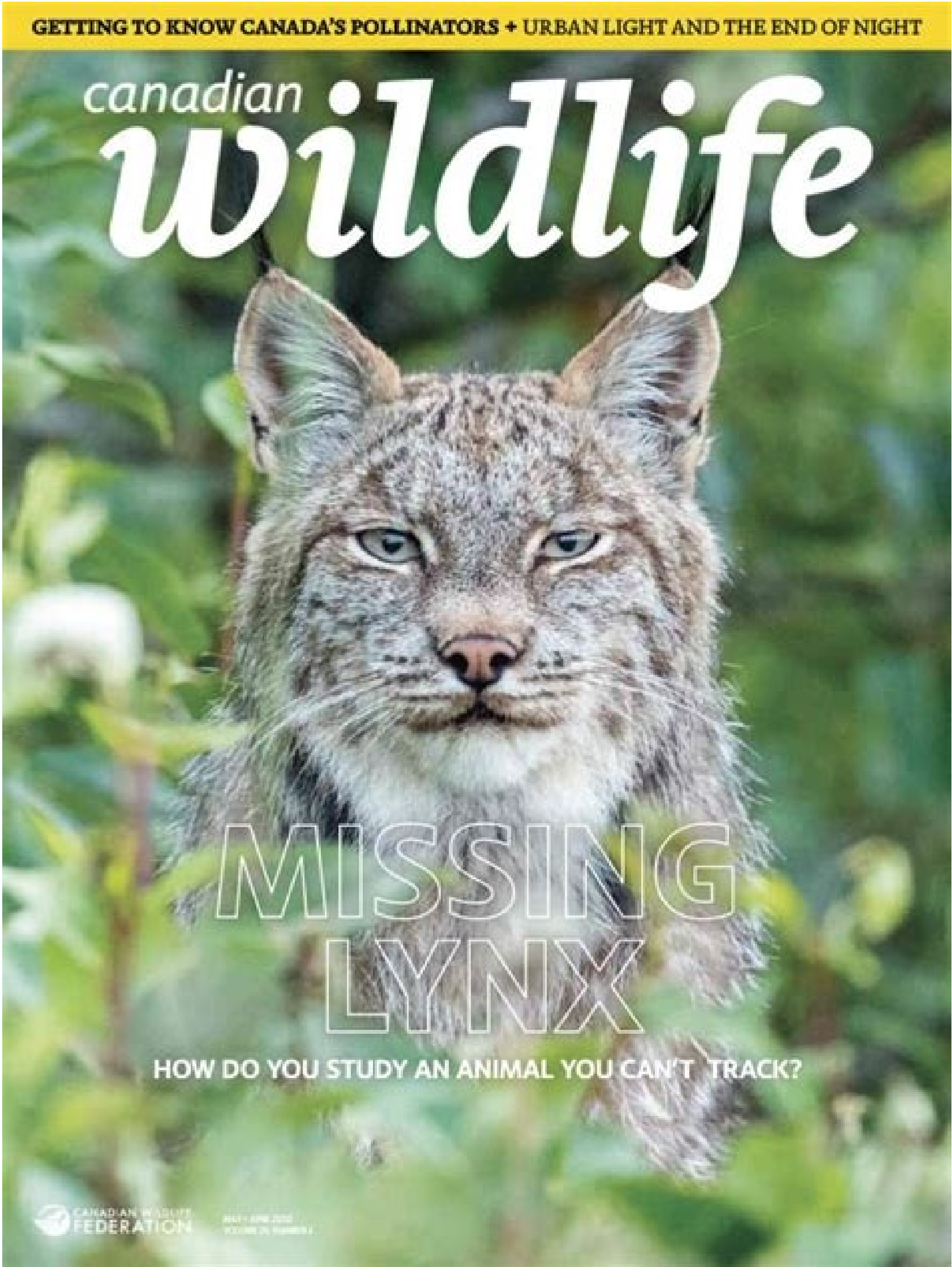
★★★★★



Ann Langley, Ph.D. Parent, Redwood City, CA

Taking this course was the best thing my daughter ever did because it helped her recognize her strength! She used the strategies in Total Recall Learning™ throughout her school career and became a psychologist. Our whole family is so grateful.

★★★★★



Addition and Subtraction using expanded notation

Look at the example of the "tidybox method" and follow the steps to calculate the sum.

234 + 278 = 512

Step 1: **234** is made up of 200 + 30 + 4.

Step 2: **278** is made up of 200 + 70 + 8.

Step 3: **234** and **278** together are 400 + 100 + 12.

Step 4: **400 + 100 + 12** is 512.

Check your answer using the tidybox method.

Vertical column method for Addition

Participants provide feedback

Example 1: Addition

234 + 278 = 512

Check your answer using the tidybox method.

The SDQ contains 43 statements that participants are required to respond to on a scale of one to five, with one being 'False' and five being 'True.' Example statements from the questionnaire include: I worry about a lot of things. W. Manual for Self-Concept Questionnaire. Baumeister (Ed.). The self in social psychology (pp. (Honesty) Participants use a scale of one to five to respond to the statements, with one being 'Totally Disagree' and five being 'Totally Agree.' The Self-Concept Questionnaire (SCQ) Initially developed by Saraswat (1984), the Self Concept Questionnaire is one of the more popular questionnaires when it comes to measuring self-concept. Sampling a few different tests will give you a more robust sense of your self-concept. (1954). Participants respond with a score between zero and four as follows: 0 = I never think, feel, or behave this way. Self Description Questionnaire (SDQ) The Self-Description Questionnaire was developed by Marsh (1990), and has two formats: The SDQI, designed for use with primary school students. It essentially refers to the way we think about ourselves, evaluate our appearance, thoughts, and behaviors, and perceive ourselves both as individuals and in comparison to others. K. As we grow older, this component also begins to include psychological traits. I see myself as playful and fun-loving. (Moral) I have trouble taking criticism from other people. Marsh, H. (Self-Fulfillment) I am a man/woman of my word. Minchekar, V. Vol. Loading... I do not give others credit or blame for how I feel, think, or what I do. Harill Self-Esteem Inventory The Harill Self-Esteem Inventory was developed by Counselor, Susan Harill, as a measurement for self-esteem within self-concept. I tend to delay somewhat before starting new projects. It asks participants to reflect on their strengths in three key areas of life: relationships, profession, and personal fulfillment. 3 = I do more than half the time. I tend to be somewhat variable in getting things done on time. Agra, India: National Psychological Corporation. Academic Self Concept Scale for Adolescents: Development, Reliability, and Validity of ASCS. Example statements include: I always try my best at school/work. 'Three Compliments Journal' Exercise This exercise is great for any individual who struggles with self-concept, and who has low self-esteem or low self-image in particular. The Social Style Self-Perception Questionnaire aims to measure how participants feel they interact with others daily. Thought Diary for Negative Self-Evaluations Worksheet The Thought Diary Worksheet can be used as a journal/diary insert and asks participants to reflect on negative self-evaluations they may have about themselves. (1990). New York: McGraw Hill. You can invest in a more in-depth result by paying a small fee. (Temperamental) Participants rate their answers to the statements on a scale from 1 to 5, with one being 'very unlike me' and five being 'very true of me.' A higher score indicates a high sense of self-concept, with a lower score indicating a lower sense of self-concept. One of the most popular online tests is the Self-Esteem Test from Psychology Today. Self-knowledge and social development in early life. It is free to take, and you'll receive a 'snapshot' of your results at the end. F. I am a caring friend. It really hones in one of the deeper parts of answering that question 'Who am I?'. I help out around the house. The Versatility Self-Concept questionnaire aims to measure how versatile participants view themselves as. In L. An Empirical Investigation of Self-Attitudes. The term self-concept has grown in popularity owing to the way it encompasses a more robust idea of self, rather than individual terms. Below are three I've come across in my research that might be of interest to you: 1. These detailed, science-based exercises will not only help you increase the compassion and kindness you show yourself but will also give you the tools to help your clients, students or employees show more compassion to themselves. In (ed.) S. It's also linked to concepts of self-awareness, self-esteem, and self-image. Below I've shared some of my favorite ones: 1. A. I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness. Don't forget to download our 3 Self Compassion Exercises for free. Today I was kind to the lady in the store and offered to help her with her bags. (Autonomy) I consider myself to be a very uptight and highly strung person. I enjoy team sports. I tend to tell people what is on my mind. 'My Strengths' Exercise This exercise is great to encourage participants to start thinking about their self-concept of their strengths in critical areas of life. I like to be creative. Similar to many journal exercises; it is easy to implement and consistency is key to its success. Instead of singular statements that ask participants to rate their response, these questionnaires provide two statements and asks participants to select the one they feel is most like them. I'm proud of my school/work presentation. 1-20). 'Who Am I?' Exercise This is a wonderful introductory exercise that can be used with individuals or groups. 3: Formulations of the person and the social context. Therapist Aid - Strength Exploration Worksheet This Strength Exploration Worksheet is slightly similar to the 'My Strengths' exercise so that it could be used as a great accompaniment. Example statements include: I'm glad I am who I am. Academic Self-Concept Scale for Adolescents (ASCS) The Academic Self-Concept Scale for Adolescents (Minchekar, 2019)

was developed in response to the idea that many self-concept questionnaires and measures are quite broad. The ASCS is still a relatively new tool, and you can read more about its development. Aim for 5-6 statements for each of the four areas. Method: Provide each participant with a list of statements - suggested amount 15-20 - that ask them to think about who they are. Example statements from the inventory include: I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them). Below are three easy to do activities for individuals or groups of any age to help learn more about self-concept. Ask them to reflect on the answers they choose and why these are important to them. Take a moment and ask yourself: Who am I? We hope you enjoyed reading this article. The idea is to reflect on the positives about themselves they might otherwise dismiss. 'Self-concept' might not be a term you're generally familiar with, but it's one that's well worth knowing about. I am honest. Structure of the Personal Self-Concept (PSC) Questionnaire. You will need: Purpose: To encourage participants to think more deeply about the ideas and labels they have about themselves. I nurture myself with kind, supportive self-talk. I tend to get things done on time consistently. The Categorical Self - The realization that you exist as an individual object in the world, with distinct properties, such as your age, hair color, and gender. The researchers wanted to narrow this down and focused only on measuring self-concept concerning academic skills and performance. I get along well with my parents. The Twenty Statements Test The Twenty Statements Test (Kuhn and McPartland, 1954) was developed to specifically measure self-image as a part of self-concept, although it covers other areas of self-concept too. Sociological Quarterly, 1, 39-56. 4 = I always think, feel, or behave this way. Examples of a pair of statements from this questionnaire include: A. The questionnaire itself contains 48 statements that aim to measure self-concept across six different aspects: Physical Social Temperamental Educational Moral Intellectual Example statements include: I feel different from most people and wish I was more like them. Best Online Self-Concept Test There are many online self-concept tests you can take - some are paid, and some are free - and it's important to know that these tests are only snapshots. The twenty questions probe participants to respond to the question 'Who am I' with 'I am ...' answers. This test contains a variety of statements that you will need to respond to. The premise is straightforward to replicate, and participants can take as long as they need to complete the initial statements, with plenty of encouragement for discussion. I tend to keep things to myself. (2011). Example compliments could include things like: I liked my outfit today, and the compliments I received because of it. The Sentence Completion Worksheet contains a set of statements that asks participants to reflect and explore different scenarios that made them feel a certain way. Causal ordering of academic self-concept and academic achievement: A multi-wave, longitudinal panel analysis. 1 = I do less than half the time. Therapist Aid - About Me Sentence Completion Worksheet This is a great introductory worksheet to encourage initial thinking around self-concept. In R. Saraswat, R. Ask participants to repeat this exercise daily, for as long as they need to. Koch, Psychology: A study of science. Baumeister, R. It is made up of 25 statements that participants are required to respond to. Participants rate their responses to the statements on a scale of zero to seven with zero being 'Completely Disagree,' and seven being 'Completely Agree.' A higher score means a higher sense of self-concept. It would be boring if I talked about myself. The compliments can focus on anything they like. The questions are broken down into five subcategories: Social groups and classifications Ideological beliefs Interests Ambitions Self-evaluations Kuhn (1960) states that the majority of responses to the questions could be divided into three groups: Social Roles - Responses related to external aspects of the self, for example, 'I am a mother/daughter/teacher/doctor.' Personality Traits - Responses related to internal aspects of the self, for example, 'I am funny/patient/short-tempered/kind.' Physical Descriptions - Responses related to image aspects of the self, for example, 'I am tall/short/fat/thin.' Related: 21 Self-Image Examples and Activities to Use the Theory Today 3 Self-Concept Activities & Exercises Exploring self-concept can be a great learning and growth experience for individuals of all ages. The questionnaire is made up of 22 statements, divided into four subcategories: Self-fulfillment Autonomy Honesty Emotional self-concept Example statements from the questionnaire include: To do anything, I first need other people's approval. My teacher/boss said I did a great job. 2. M., Axpe, I., & Goñi, A. B. Kuhn, M. It should take no more than 15 mins to complete. Method: Provide participants with pen and paper and ask them to divide their paper into four sections with the following headings: Social Interests/Sports Family School/Work Next, read out some statements that could relate to each of the sections and ask participants to write down the ones they feel most relate to them. 2 = I do 50% of the time. Retrieved from: Kuhn, M. The nature and structure of the self: An overview. It consists of 30 statements relating to different areas of self-concept. New York: Guilford. (2019). I am reliable. Pervin (Ed.), Handbook of personality (pp. Overall I am a failure. (Social) I only partially believe in myself. (Temperamental) I feel I am a person of worth. The SDQII, designed for use with secondary school students. S. A Take-Home Message Self-concept is such a broad area of psychology, and yet it's a fascinating one. Philadelphia, PA, US: Psychology Press (Taylor & Francis). Remind them there are no wrong or right answers, just the opportunity to engage with their sense of self-concept. Handy PDF Worksheets In researching this article, I came across a wealth of PDF worksheets and exercises to help you on your way to further exploring self-concept. 3. Rogers (1959) suggested that self-concept has three core aspects: Self-Image - The view you have of yourself Self-Worth - How much value you have in yourself Ideal-Self - Who you really wish you were Lewis (1990) also theorized that the development of individual self-concept has two key components: The Existential Self - The realization that you exist as separate to others. Popular Psychology Definitions of Self-Concept A popular definition is provided by Baumeister (1999): The individual's belief about himself or herself, including the person's attributes and who and what the self is. Remind them it's okay if they forget some days and it might be challenging to think of three things at first, but it will get easier over time. Self-attitudes by age, sex and professional training. I see myself as serious and thoughtful. 3 More Tests and Assessments 1. Have you tried any of these exercises, or know of others that you've found particularly beneficial? 277-300). Again, it is very easy to set up and will enable some great conversations with individuals or groups. Journal of Educational Psychology, 82, 646-656. The scale is broken down into eight distinct sub-categories that it measures: Self-Concept of Academic Ability Self-Concept of Academic Interests Self-Concept of Study Self-Concept of Examination Self-Concept of Academic Interactions Self-Concept of Academic Efforts Self-Concept of Curriculum Self-Concept of Academic Future The scale contains 57 statements that ask participants to rate themselves from one to five, with one being 'Never' and five being 'Always'. Higher scores indicate a higher level of Academic Self-Concept, and participants with a higher score were found to be more confident in their academic capabilities. I tend to jump into new projects quickly. Robson Self-Concept Questionnaire The Robson Self-Concept Questionnaire follows a similar pattern to the previous questionnaires explored in this article. Some of the questionnaires and exercises we've visited in this article are more general, so I hope you'll see these as a great starting point for further exploration and personal growth around your ideas of self-concept. Company details Chamber of Commerce (KvK) Registration Number: 64733564 Taxation (VAT) Number: NL855806813B01 Contact PositivePsychology.com Gandhiplein 16 6229 HN Maastricht The Netherlands info@positivepsychology.com Sign up and download tools © 2022 PositivePsychology.com B.V. Built with love in the Netherlands Additional reading material includes a selection of 27 books on self-esteem. After responding to all statements, participants tally their total score, with a higher score indicating a higher level of self-esteem. I'd love to hear about them! Please leave a comment below. A theory of therapy, personality, and interpersonal relationships as developed in the client-centered framework. I take responsibility for my feelings, emotions, thoughts, and actions. The Personal Self-Concept Questionnaire (PSQ) The Personal Self-Concept Questionnaire (PSQ) was developed by Goñi, Madariaga, Axpe & Goñi (2011) in response to the plethora of self-concept tools available. Social Style Self-Perception Questionnaire & Versatility Self-Concept Questionnaire These two questionnaires follow a slightly different format in how they assess self-concept. 1. 3 More Ways to Map Beliefs About the Self Although the PSQ and SCQ are the two most commonly used questionnaires to measure and map self-concept, there are several other questionnaires and tools that aim to explore self-belief too. Goñi, E., Madariaga, J., Lewis, M. Once participants get the idea, encourage them to reflect further on the four areas, and write down some of their unique strengths. I have a pleasant personality. Method: Participants are required to spend 5-10 minutes a day reflecting on three compliments they would give themselves about how they behaved, interacted, engaged, or looked during the day. (1984). Before you read on, we thought you might like to download our 3 Self-Compassion Exercises for free. Additionally, it includes a more in-depth exploration of strengths under each of the specific headings. How do you answer such a complex question? Retrieved from: Rogers, C. & McPartland, T. It's tough and one that psychologists have consistently sought to help us with. Some example statements include: My favorite food is ... My favorite music is ... An important person in my life is ... Something I dislike ... An idea for my future I have is ... Encourage participants to answer all statements. You will need: Purpose: To increase ideas of self-concept - in particular, self-esteem and self-image. You will need: Purpose: To encourage participants to reflect on their strengths in different key areas. The researchers wanted to create a shorter measurement that provided an accurate representation of self-concept overall. (1959). The worksheet is comprehensive and laid out well to encourage a step by step process through evaluating the idea of self-concept being explored. (1960). (Emotional Self-Concept) I have yet to achieve anything I consider to be important in my life. H. 3.

Get instant access to free 2022 Minnesota DMV practice tests and requirements. Official MN DMV Handbooks, tips, tricks, and more. Click here to start now! Lovesick (formerly known as Scrotal Recall) is a British sitcom created by Tom Edge which was first broadcast on Channel 4 in October 2014 and stars Johnny Flynn, Antonia Thomas, Daniel Ings, Hannah Britland and Joshua McGuire. After the show was originally aired on Channel 4, it was made available by Netflix, who then commissioned a second season globally on 17 ... 21/09/2021 - These are the best compliments you can say to a woman to generate a positive feeling. If you're wondering how to talk to a girl you like, trust me, this list is for you. I've written many blogs about how to approach a girl, so I know all the right things to say to your crush to get her to like you. Let's dive right in! Contents Best For Girls For Men Funny Printable List FAQs ... Lovesick (formerly known as Scrotal Recall) is a British sitcom created by Tom Edge which was first broadcast on Channel 4 in October 2014 and stars Johnny Flynn, Antonia Thomas, Daniel Ings, Hannah Britland and Joshua McGuire. After the show was originally aired on Channel 4, it was made available by Netflix, who then commissioned a second season globally on 17 ... November 24th, 2020 . 5/5 . I got an A. Thanks. January 6th, 2021 . 5/5 . good job. December 21st, 2021 . 4/5 . very satisfied ... Total price: \$ 0.00. We can help you reach your academic goals hassle-free. We can help you reach your academic goals hassle-free. The World's Strictest Parents (or World's Strictest Parents) is an international television franchise reality series developed by Twenty Twenty with its original broadcast in the United Kingdom by BBC Three. There are also many other international foreign versions (listed below) including an Australian version, a New Zealand version, and a German (German language)-version titled "Die ... Get instant access to free 2022 Minnesota DMV practice tests and requirements. Official MN DMV Handbooks, tips, tricks, and more. Click here to start now! Total votes: 17,785,151: 100.00%: Registered voters/turnout: 22,047,448 80.67% Results by county ... Official arguments from California State Voter Guide; In support ... We live in the middle of an incredible historic moment. In 2020, we have seen an unprecedented number of Californians take action against systemic racism and voice their ...

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