Learning Unit 1 Discussion: Introduce Yourself

Ask yourself this question: “Who Am I?”

1. Tear a sheet of paper into 10 separate slips.

2. Use the following paragraphs to help you frame your answers.
   “Suppose someone asked, “Who are you?” It would be simple enough to respond with your name. But if the person wanted to know the entire story about who you are, the question would be more difficult to answer. You’d obviously have to give the details of your height, age, and weight. You’d also have to include all your sentiments and preferences, even the secret ones you’d never shared with anyone—your affection for your loved ones; your desire to please the people you associate with; your dislike of your older sister’s husband; your allegiance to your favorite beverage, brand of clothing, and music.

   Your attitudes couldn’t be overlooked either - your impatience when an issue gets complex, your aversion to certain courses, your fear of high places, and dogs and speaking in public. The list would go on. To be complete, it would have to include all your characteristics - not only the physical but also the emotional and intellectual.

   To provide all that information would be quite a chore. But suppose the questioner was still curious and asked, “How did you get the way you are?” If your patience were not yet exhausted, chances are you’d answer something like this: “I’m this way because I choose to be, because I’ve considered other sentiments, and preferences and attitudes and have made my selections. The ones I have chosen fit my style and personality best.” That answer is natural enough, and in part it’s true. But in a larger sense, it’s not true. The impact of the world on all of us is much greater than most of us realize.”

3. Arrange the pieces of paper in order of their importance to you.

4. Choose the top three descriptions to write about as part of your introduction to the class and answer the following questions.
   • Which self-descriptions are the most important to you?
   • Why are they the most important?