



GEN 0104 Self-Development

Week- 5:

Unit2: Uniqueness to Self development

Lecturers:

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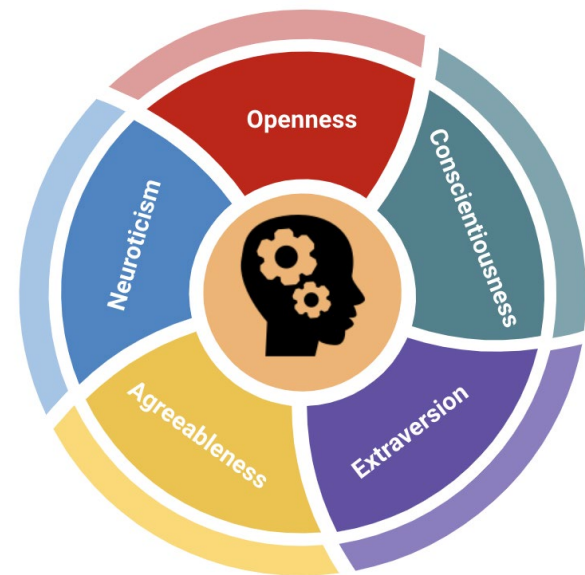
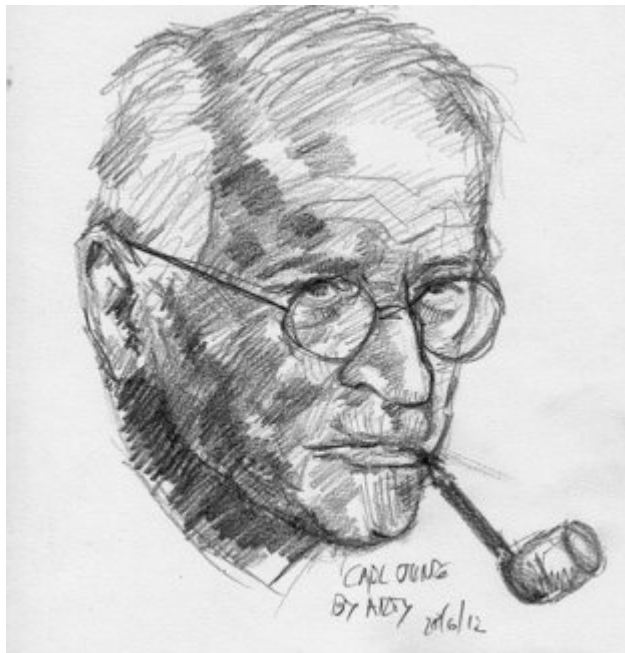
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<http://www.ssrु.ac.th>

Carl Jung Theory (1875-

Who Is Carl Jung?

Born in Switzerland in 1875,
Carl Jung founded the **school**
of **analytical psychology**.



Carl Jung Theory (1875-

He is responsible for proposing and developing the psychological concepts of collective **unconscious** and **archetypes**, along with **introverted** and **extroverted** personality.

Jung worked with Sigmund Freud, another prominent early psychologist.

Jung contested Freud's principles of **psychoanalysis**.

Unconscious: Freud VS Jung



Freud v.s. Jung – Similarities and Differences

Example: difference between Freud & Jung explanations of the **unconscious**:

- **Freud** believed that the **unconscious** was the **product of personal experiences**
- **Jung** believed that it was inherited from the **past collective experience of humanity.**

Big 5 Factor Personality Traits: O.C.E.A.N

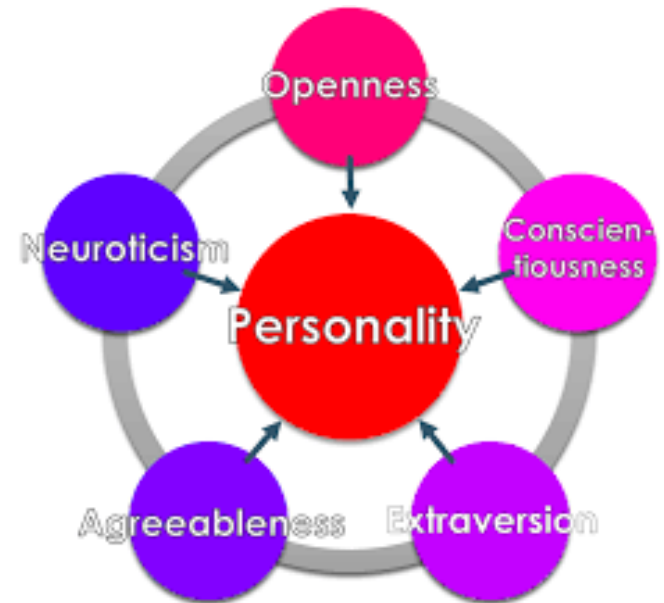
O: Openness

C: Conscientiousness

E: Extraversion/Introversion

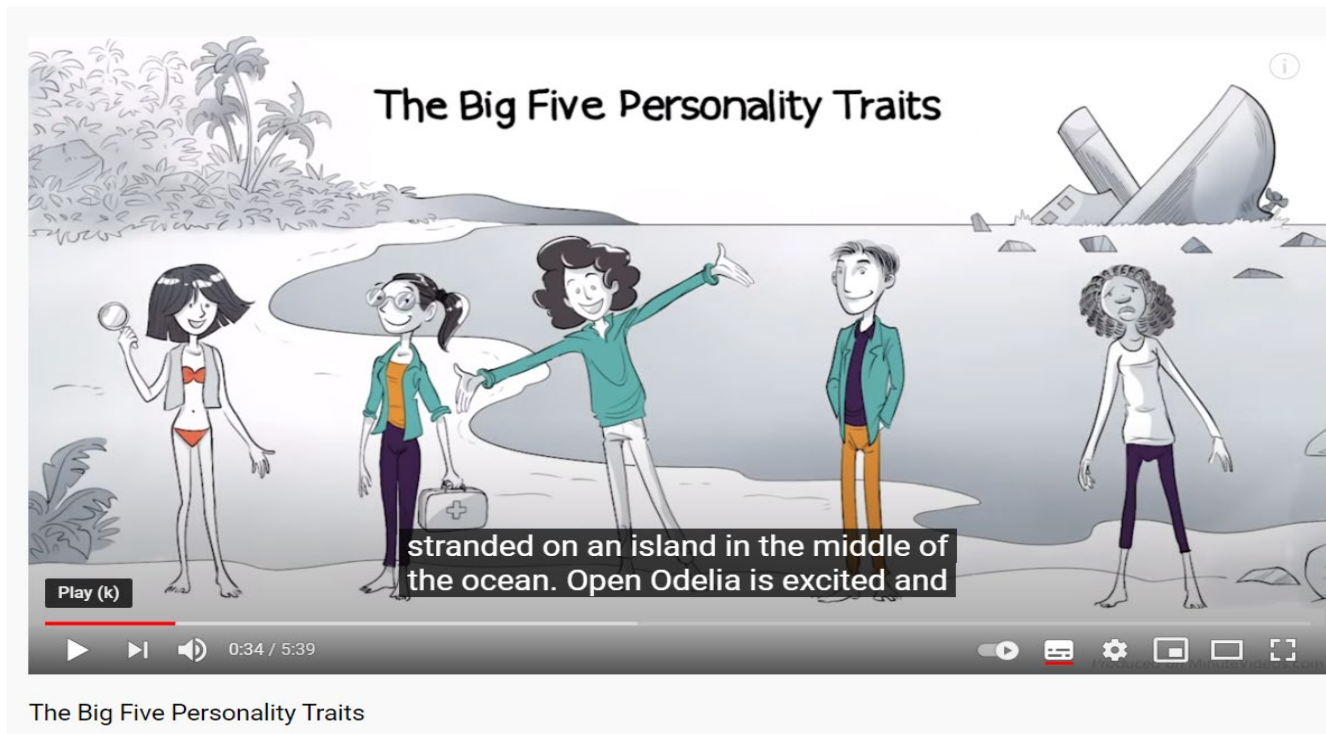
A: Agreeableness

N: Natural Reactions



The Big Five Personality Traits

<https://youtu.be/IB1FVbo8TSs>



Carl Jung's Theory on Introverts, Extraverts, and Ambiverts

<https://youtu.be/acg6HivAu5E>



Carl Jung's Theory on Introverts, Extraverts, and Ambiverts

O.C.E.A.N

Openness: sometimes called "Intellect" or "Imagination," this measures your level of creativity , and your desire for knowledge and new experiences.

Conscientiousness: level of care that you take in your life and work. If you score highly in conscientiousness , you'll likely be organized and thorough, and know how to make plans and follow them through. If you score low, you'll likely be lax and disorganized.

O.C.E.A.N

Extraversion/Introversion: this dimension measures your level of sociability. Do you draw energy from a crowd, or
Do you find it difficult to work and communicate with other people?

Agreeableness: this dimension measures how well you get on with other people.
Are you considerate, helpful and willing to compromise?
Or do you tend to put your needs before others'?

O.C.E.A.N

Natural Reactions: or **Emotional Stability** or **Neuroticism** this measures emotional reactions.

Do you react negatively or calmly to bad news?

Do you worry obsessively about small details, or are you relaxed in stressful situations?

Discussion:

- Sigmund Freud Theory
- Carl Jung Theory of Personality
- Big Five Personality Traits:
(O.C.E.A.N)

What did **Carl Jung** think of **personality tests**?

Carl Jung's personality theory:

a model to categorise different people for the purposes of **psychotherapy**.

He never intended his model to become a way to label people. If he had known his teachings would be used to define people based on simple questionnaires, he wouldn't have approved.

Jung's aim is to find a **harmonious balance** between the different **attitudes** and **functions** using psychotherapy.

To understand the personality theory, it's important to define the aforementioned concepts the way Carl Jung intended them.

Introverted VS Extraverted

Introverted people: focuses on their own mental world.

Extraverted people: focus more on the world outside themselves.

The thinking type VS the feeling type

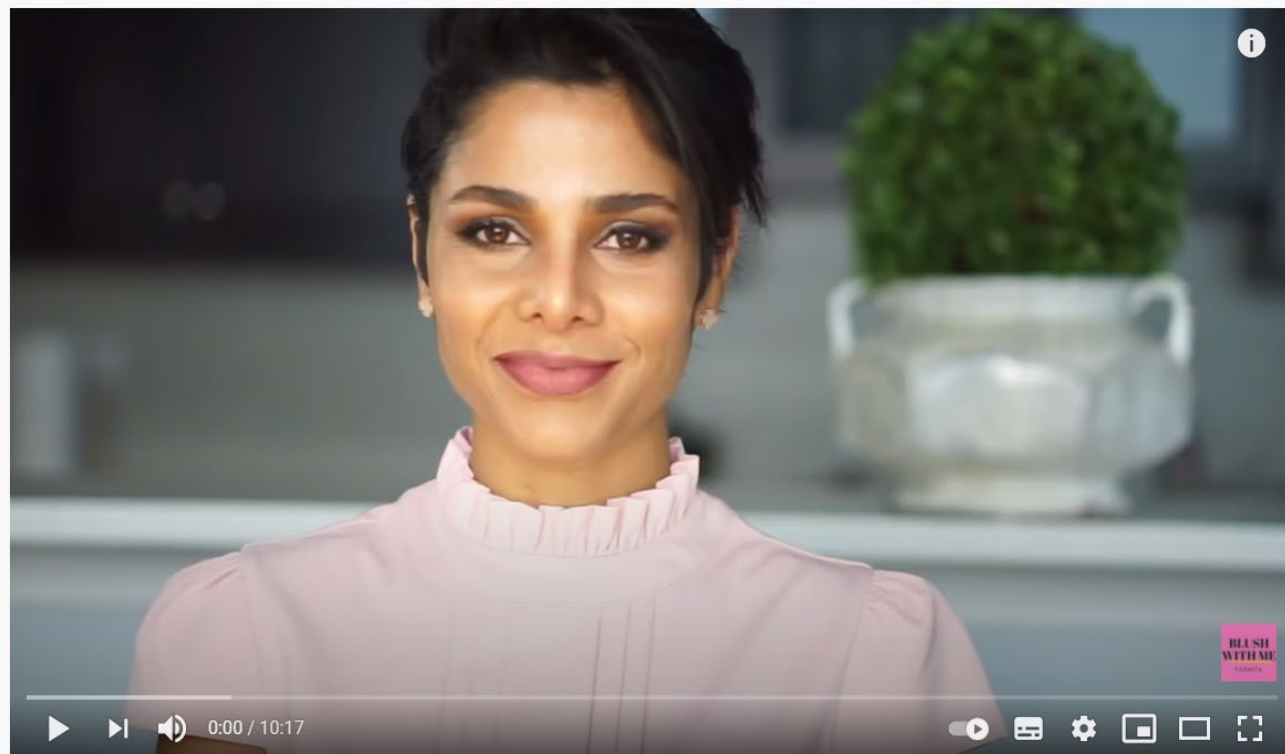
The **thinking type** acts based on reason.

Feeling types act on what's in their heart.

Break 10 min

7 steps to GAIN SELF CONFIDENCE/ build SELF-ESTEEM: Blush with me

<https://youtu.be/U-3vfPO6Nu4>



7 steps to GAIN SELF CONFIDENCE/ build SELF-ESTEEM: Blush with me

Body Language - CHANGE HOW PEOPLE SEE YOU!!

<https://youtu.be/mPHFIE1xoX0>

70% OF ALL COMMUNICATION IS BODY LANGUAGE

HOW TO LOOK

CONFIDENT

ATTRACTIVE

RESPECTABLE

HE LOOKS LIKE AN APPROACHABLE TYPE OF PERSON

your feet to the expressions on your

0:21 / 5:17

The image is a YouTube video player thumbnail. At the top, it says '70% OF ALL COMMUNICATION IS BODY LANGUAGE'. Below that, the title 'HOW TO LOOK' is underlined. The main text consists of three stacked words: 'CONFIDENT', 'ATTRACTIVE', and 'RESPECTABLE'. To the right of the title is a speech bubble containing the text 'HE LOOKS LIKE AN APPROACHABLE TYPE OF PERSON'. Below the main text, there are three illustrations: a man walking on the left, a close-up of feet in the center, and a man standing on the right. A subtitle 'your feet to the expressions on your' is partially visible. At the bottom, there is a video progress bar showing '0:21 / 5:17' and various control icons.

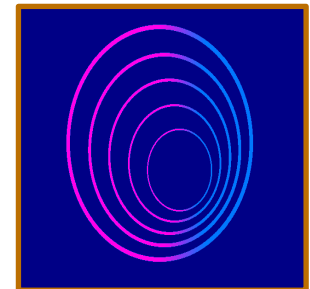
Body Language - CHANGE HOW PEOPLE SEE YOU!!

CONFIDENT BODY LANGUAGE TIPS - BODY LANGUAGE TIPS FOR MEN AND WOMEN

<https://youtu.be/NRp1ePrFkng>



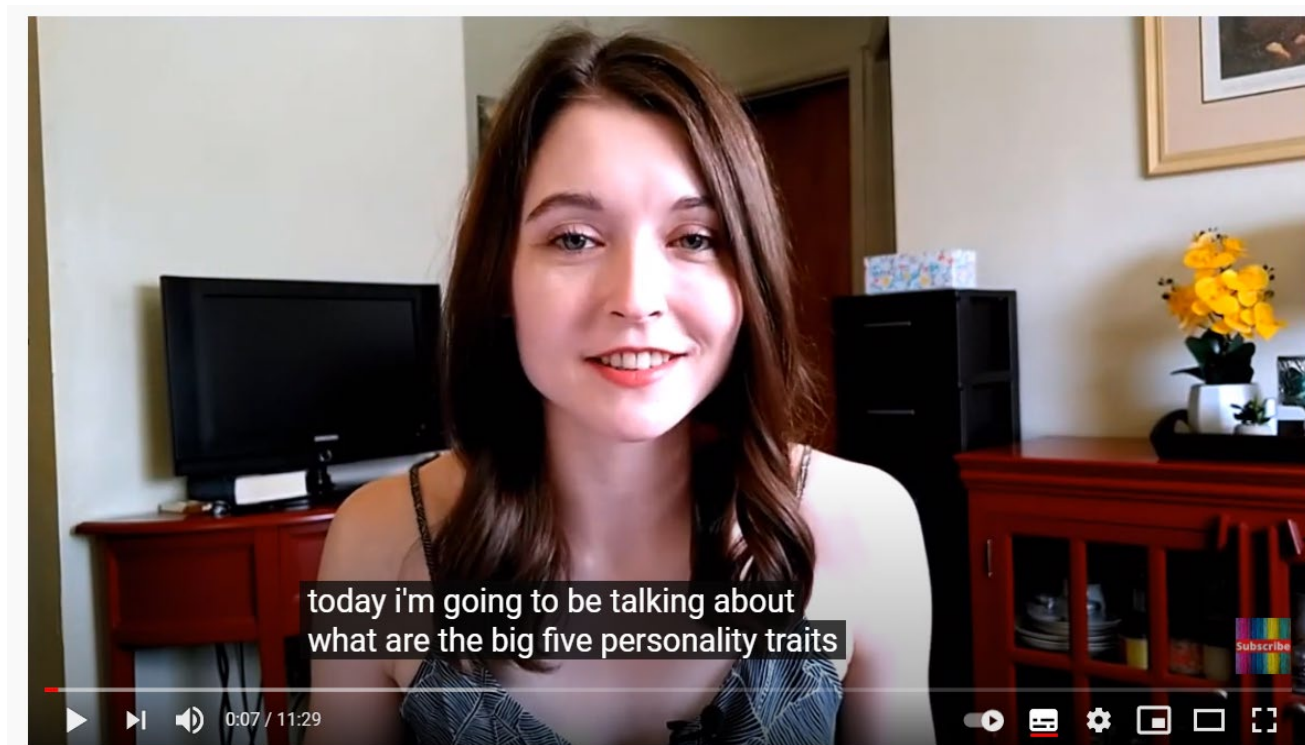
The image shows a YouTube video player thumbnail. At the top, the word "RULE" is written in a large, white, serif font. Below it, three statistics are listed in a red, serif font: "7 Words.", "38 Tone of voice.", and "55 Body language.". A white text box at the bottom of the statistics area contains the text: "is through your body language - and if you add it up, it turns out that more than 90%". In the bottom right corner of the video area, there is a yellow "SUBSCRIBE" button. The video player interface at the bottom shows a progress bar at 0:20 / 6:27 and various control icons.



CONFIDENT BODY LANGUAGE TIPS - BODY LANGUAGE TIPS FOR MEN AND WOMEN

THE BIG FIVE PERSONALITY TRAITS | Looking at Personality through OCEAN

<https://youtu.be/-G4vNRuGRfE>



THE BIG FIVE PERSONALITY TRAITS | Looking at Personality through OCEAN

Assignments Week 5:

1. Answer: Quiz on
Personality Traits Quiz
2. Select: one Video on the topic of
Big Five Personality Traits
Explain why you select this video.

Carl Jung:

Your vision will become clear only when
you look into your heart.

Who looks outside, dreams.

Who looks inside, awakens.



Thank You

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