

- Self-knowledge is stored in memory in an organized manner
 - Self-schemas, the most basic organizational units, are cognitive structures that affect how we process and remember information, as well as how we make judgments about ourselves and the social world
 - Self-complexity is defined by the number and degree of overlap among a person's self-schemas
- Self-esteem: the positive or negative overall evaluation that each person has of himself or herself
 - People with low self-esteem are less satisfied with life, more hopeless, and more depressed and they are less able to cope with life's challenges
 - Self-esteem represents how we feel about our attributes and qualities, our successes and failures, our self-worth
 - TRAIT self-esteem is a person's enduring level of self-regard across time
 - People who rate that they have a high level of self-esteem at one time will rate the same thing years later
 - STATE self-esteem refers to the dynamic, changeable self-evaluations that are experienced as momentary feelings about the self
 - Much of your working self-concept changes from one context to the next, so too does your state self-esteem, which rises and falls according to transient moods and specific construal processes that arise in different situations
- Contingencies of self-worth: an account of self-esteem that maintains that self-esteem is contingent on successes and failures in domains on which a person has based his or her self-worth
 - Self-esteem is contingent on – that is, rises and falls with – successes and failures in domains on which a person has based his or her self-worth
 - Ex. “My self-esteem gets a boost when I get a good grade on an exam or paper”
 - Our self-esteem relies heavily on our contingencies of self-worth