FIRST CYCLE
PRESENTATION

How Can I Change My Self?

TOPIC

1. Who am I ?
2. What is the big change in myself?
3. Which studies moved me the most?
4. What did I learn?
5. How did them impress me?

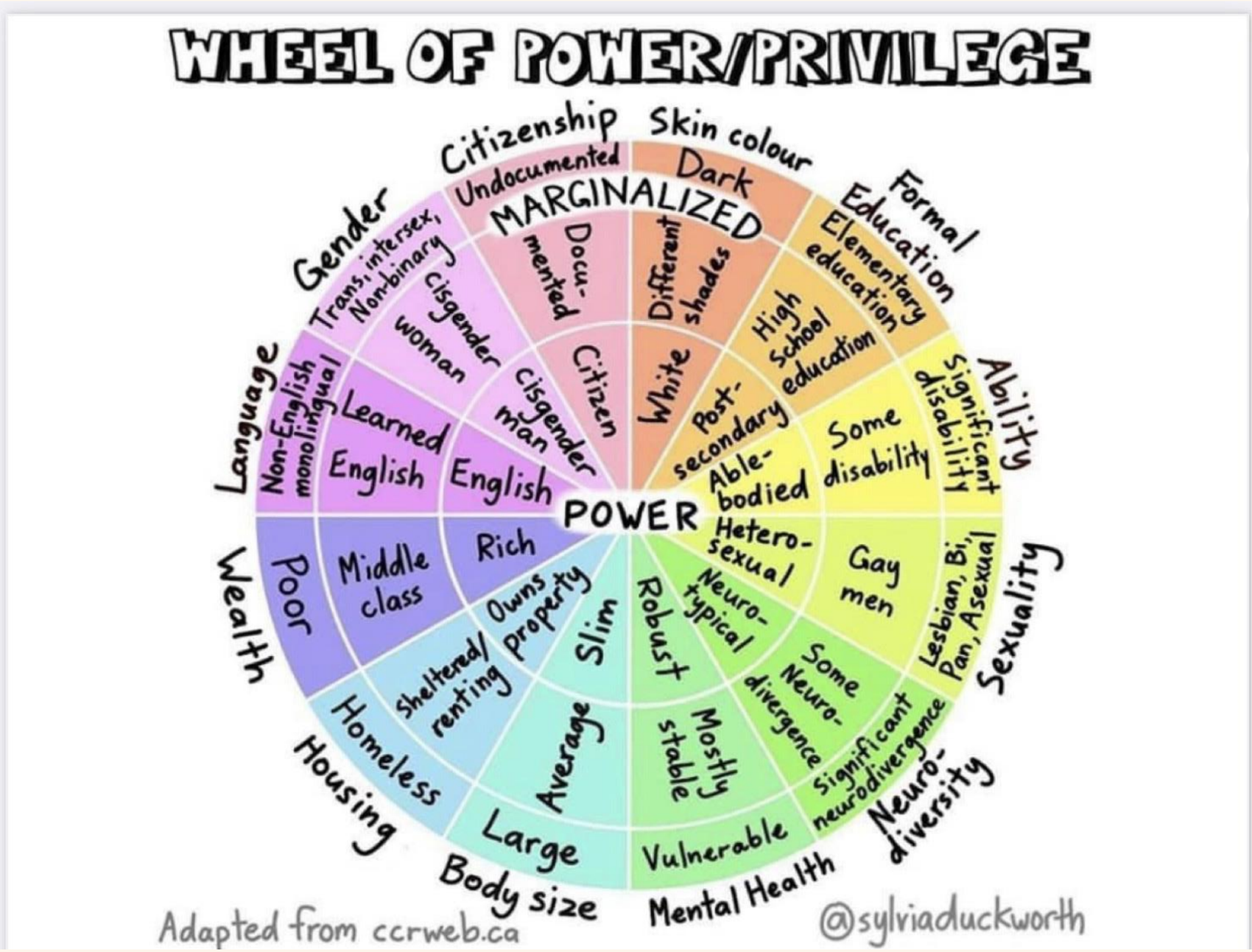
Who am I ?



Nanami Maruoka

19 years old , Second gread

3 siblings [yonger sister and brother]



I thought I am too normal
= I have no sense of a
good self and culture

What is the big change in myself?

Birth

2005. 12

Yonger Brother

2013. 3

Moved to England

2019. 3

Covid-19

2020. 4

Moved to England

I moved to England when I was
14 years old
This was a BIG CHANGE!!!!



But I went to Japanese school in London,
I took Jananese studies the same as students in Japan.

↓

This makes up my UNIQUE personality.



Which studies moved me the most?

Adkins, A. (2015, August 12).
Who am I? A philosophical inquiry

Lyon. M. (2016, May 16).
Is your identity given or created

Ferrera, A. (2021, July 10).
Your identity is your superpower

VIDEO

Palandurkar, J. (2020, October 6).
Importance of self-identity and
its benefits.

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Reilly, E. (2024, December 5). Performing Identity: Exploring self-expression in Japan.

TEXT

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TEXT

What did I learn?

We act according to TWO Identities

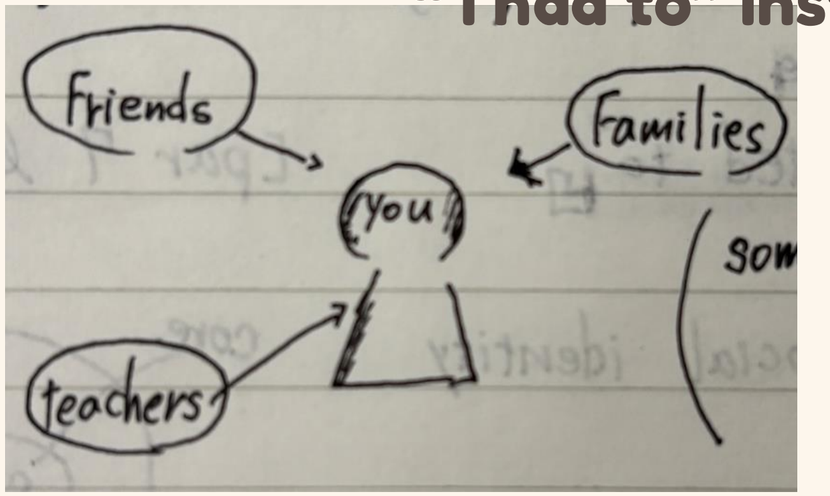
SOCIAL IDENTITY

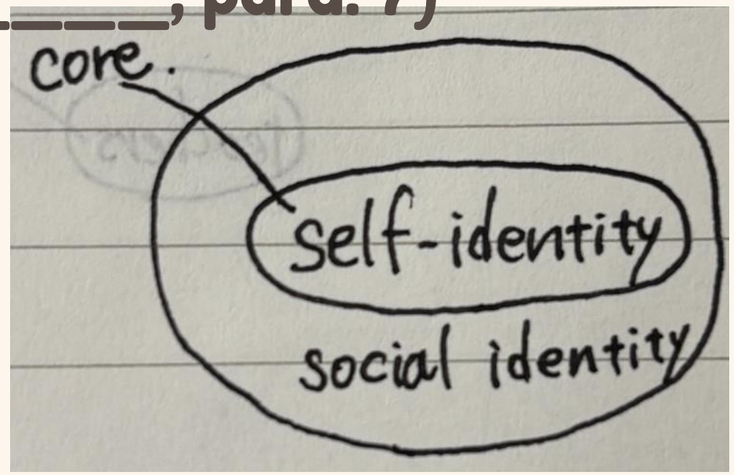
Believe in other's
NEGATIVE remaek on you ,
you act according to your "social Identity"

SELF-IDENTITY

SUM of interrelated and interdependent parts
such as experiences, thoughts,
childhood upbringing, biology...
Palanderkar (2020, par. ?)

If social Identity is main standard of chasing, you constantly use the phrase
“ I had to” instead of “I wanted to”. (_____, para. 7)





How to choose self-identity over social identity

① **build self-identity first**

② **understand experiences through self- identity**

③ **experiences become shape of our identity**

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TEXT

Identity can be Journy (Lyon, 2016, 11 : 44)

Important to guid lights to
“NOT only to ourselves, but to OTHERS”
(Lyon, 2016, 12: 08).

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TEXT

Through sightseeing in Harajuku and Tokyo Disneyland, and through tea ceremony and kendo experiences, she learnt about the role of costume in Japanese culture (Reilly, 2024).







I was in the kendo club when I was in secondary school,
my parents taught me the tea ceremony from 5,
I am now in a tea ceremony circle

How did they impress me?

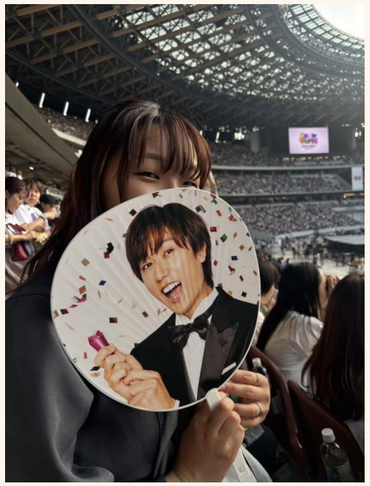
I realised my important self with my experiences and history of my families











ME!!!!!



How can I change my Self?

MY THOUGHTS

I believe that it is important to know the environment that surrounds me and to realise the importance of the various experiences that feel normal to me. To do this, it is good to listen to the opinions of others = the opinions of the social Identity. The best example of this is international exchange of opinion.

REFERENCES

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Thank You.

I'll take any questions you have.