

EPORTFOLIO



UNDERSTANDING
THE SELF

PHILIPPINE NORMAL
UNIVERSITY

JERALD BONBON



PHILOSOPHICAL

VIEW OF SELF

“You learn by what you experience, you experience what you learn.”

I see the self as a cycle between learning and experience. Every moment teaches, and every lesson changes how we live the next moment. The self is not fixed but constantly shaped by what we go through and what we take from it.

I call this the **Experiential Reciprocity View of Self** – a harmony between growth and perception.



PHYSICAL

The body gathers knowledge through action. Movement, sensation, and practice teach us how to live in the world. What we experience physically deepens our understanding.



EMOTIONAL

Feelings are lessons in themselves. Each joy, loss, and frustration teaches empathy and resilience, shaping how we respond to life's changes.



MENTAL

Thinking turns experience into meaning. Reflection helps us see patterns, connect ideas, and prepare for what comes next.



SOCIAL

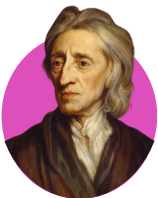
Relationships are shared classrooms. Through others, we experience new perspectives, and through those experiences, we learn who we are.



SPIRITUAL

Meaning grows from lived experience. Our beliefs evolve as we encounter life's uncertainties and find lessons in them.

INFLUENCE



JOHN LOCKE

believed that knowledge comes from experience. The mind begins as a blank slate, and through sensation and reflection, we build understanding and identity.

EXAMPLE



Learning to play an instrument shows how experience and learning are inseparable. Each mistake refines technique; each improvement changes how one feels about music. The learner and the experience grow together.

PSYCHOLOGICAL

PERSPECTIVES



FROM
INFANTCY
'TIL THE
FUTURE

Stage 1

Infancy



M
Li
in
pre
a
envis
a
wh

MILK
a grid
1, 8x3
ra sheets 1 to 9
digits 1 to 9

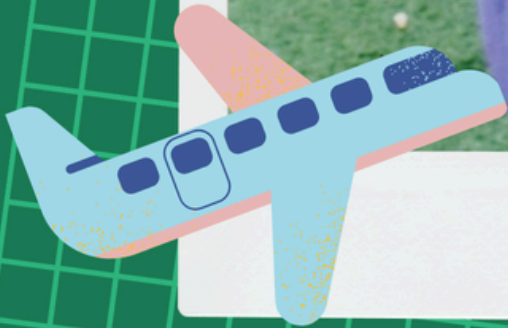
Toddler years



my
life
the
sent
nd
ioned
s a
hole



Stage 2



Stage 3



Pre-school years

St



Middle School



Stage 4



The Journey Through Developmental Stages

Stage 1: Infancy (Birth to 18 months)

My development here was purely physical and emotional. I was entirely dependent on my primary caregivers for food, comfort, and safety. I learned to crawl, reach, and eventually take my first steps. The world was explored entirely through my senses: touch, sight, and sound, and the consistency of my parents' response defined my emotional landscape.

Stage 2: Toddler Years (18 months to three years)

This was my "terrible two's" phase, marked by a surge of independence. I insisted on feeding myself, choosing my clothes (usually incorrectly), and saying "No!" to nearly everything. This period was about practicing my new physical and mental abilities like walking, running, and using short, declarative sentences. I was establishing myself as a separate entity from my parents.

Stage 3: Preschool Years (three to five)

My world shifted from "me" to "us." Play became imaginative; I was a teacher, a doctor, or a superhero. I asked an endless stream of "Why?" questions, demonstrating a developing understanding of the world's cause-and-effect. I started testing boundaries and internalizing the concepts of "good" and "bad," often feeling proud of my successes and guilty over my failures.

Stage 4: Middle School Years (six to 11)

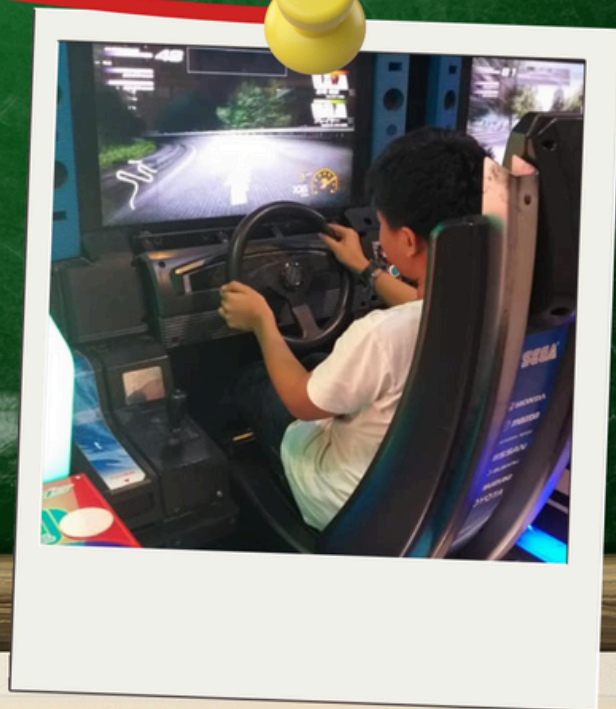
School became the center of my life. I was obsessed with mastering skills. reading, writing, arithmetic, and excelling in extracurricular activities. My self-worth became tied to comparison with my peers. Success brought a feeling of industry and competence, while academic or social setbacks fueled an internal feeling of inferiority.



Sta



age 5

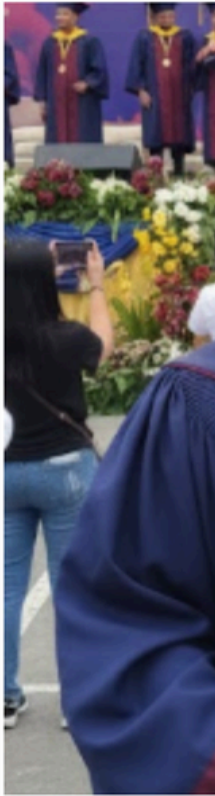


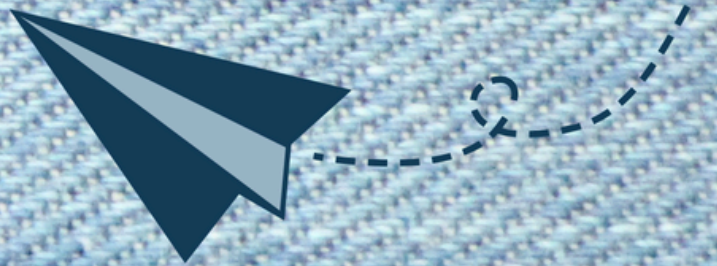
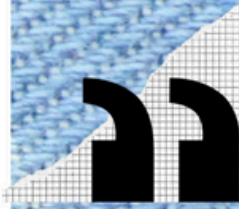
Teen years!



er 06, 2025 2:02 PM

Stage 6
Young Adult

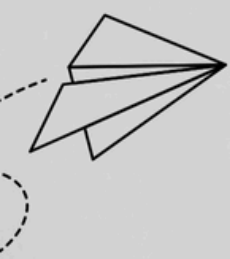






Through
the lens of
time.

Stage 7,
Middle Age



AI







AI

STAGE 9 OLDER ADULTHOOD

The Journey Through Developmental Stages



Stage 5: Teen Years (12 to 18)

The biggest question was "Who am I?" I experimented with different friend groups, interests, and future career paths. The pressure to conform, combined with the pressure to excel academically, was immense. This process was chaotic but necessary for synthesizing my past experiences into a cohesive self-concept.

Stage 6: Young Adult Years (18 to 40)



(Anticipated) This stage encompasses my college years at PNU, my graduation, and the start of my professional life as an educator. The focus shifts from who I am (identity) to who I will share my life with (intimacy). I navigated serious romantic relationships, deepened friendships, and established my professional network. The challenge was balancing my personal goals with the vulnerability required to form lasting bonds.

Stage 7: Middle Age (40 to 65)

(Anticipated) As a seasoned educator, my focus will shift to leaving a legacy. This will involve taking on leadership roles, mentoring younger teachers, and actively contributing to my community and the growth of my family. The goal is to feel that I have generated something of lasting value, both professionally and personally.

Stage 8: Older Adulthood (65 to death)

(Anticipated) In my final stage, I will look back at my life, my PNU education, my teaching career, my family, and my contributions—and evaluate whether it was a life well-lived. This stage will be characterized by reflecting on my journey, enjoying my grandchildren, and finding peace in the conclusion of my story.



The Journey Through Developmental Stages

Guide Questions

1. How can you relate your own development in the theories presented?

The developmental theories are less like rigid rules and more like a dependable map. For instance, my struggle in high school to choose a college major (Role Confusion) and my later success in committing to a partner (Intimacy) perfectly reflect Erikson's stages.

2. How do you agree/disagree with the theories presented?

I largely agree with the structure of development provided by Erikson that the order of challenges and cognitive abilities seems inherently true. However, I disagree that these stages are strictly age-bound or culturally neutral as development is far more fluid than we know, and many variables are needed to consider for each other's development.

3. How do you think the knowledge of these theories will help you plan for the future and achieve self-direction?

The knowledge of these theories is my greatest tool for self-direction. I can anticipate future crises (Generativity in middle age) and start preparing now by establishing a mentoring habit. For example, knowing the risks of old age (at Stage 7) guides me to plan for continuous learning and community involvement, ensuring my later years are productive.

Most importantly, as an educator, these theories are my professional lens. I now understand that a moody 16-year-old is not just being difficult; they are wrestling with Identity vs. Role Confusion. A disengaged 8-year-old may be struggling with. This allows me to structure my classroom, my teaching methods, and my life to foster successful resolution in every stage, both for myself and for my future students.

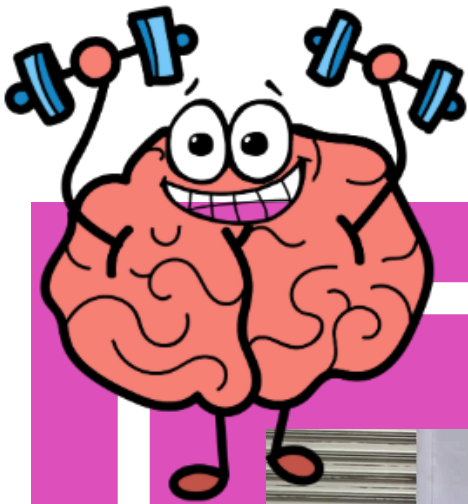
MAPPING

MY DEVELOPMENT



MENTAL DEVELOPMENT

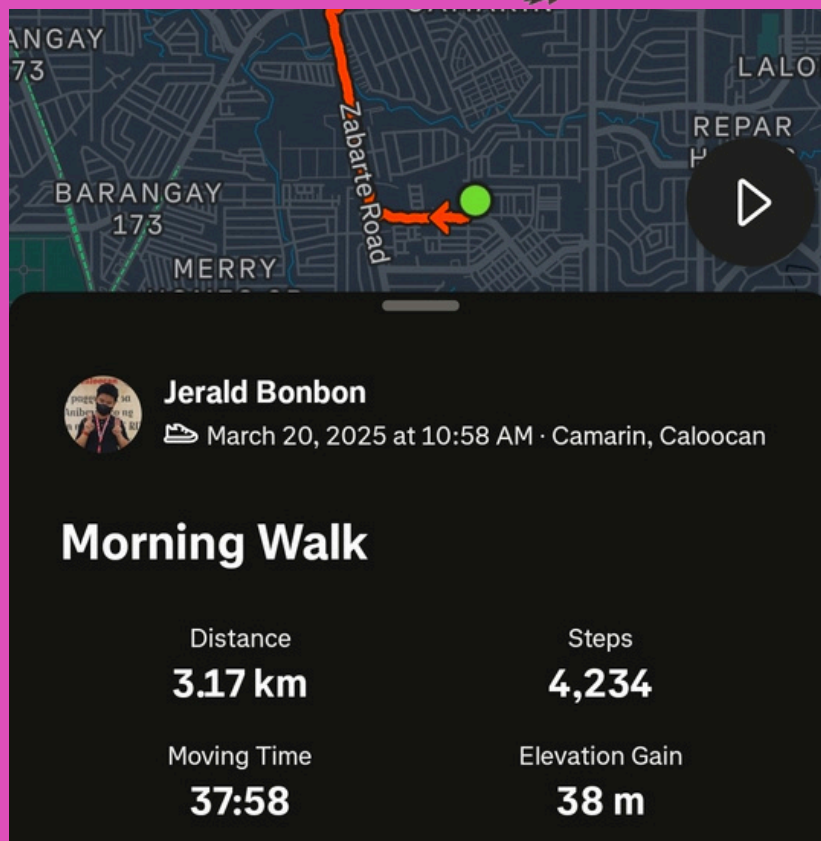
This is how I strengthened my mind. I talk about the activities that trained my focus, memory, and problem-solving. These tasks did not only challenge me academically. For example, in this picture, I coached a team for Robotics Olympiad that made ranks on the competition.



PHYSICAL DEVELOPMENT

I am taking care of my physical health, and strength by making sure that I get adequate exercise.

Moreover, I try to develop positive body image by learning how to respect my own body and know its limits.



SOCIO-CULTURAL

I work on my socio-cultural development when I join group tasks, talking with classmates, and observing different perspectives that helped me grow. These experiences taught me how to adjust, communicate, and build healthier relationships.



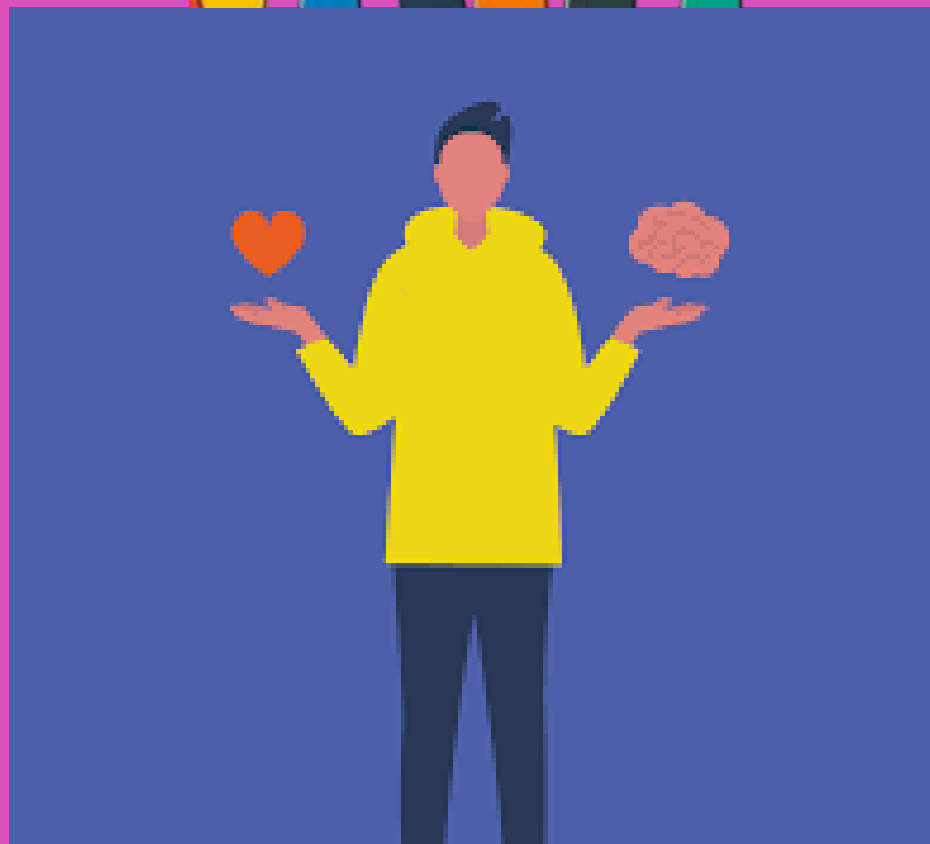
SPIRITUAL

Taking care of my inner self is how I maintain my spiritual self. I connect with nature, randomly do hiking when I have free time, and spend quiet time to reflect my actions, to connect with my values in life.



EMOTIONAL

I move towards emotional maturity and stability by trying to calm myself, deal with stress in hard times, and express emotions without hurting myself or others. I try to stay stable even when situations get heavy and if I can.



SEXUAL

I safeguard my sexual health and maturity through knowing my boundaries, learning how to respect other people, and making responsible choices.



DIGITAL

I promote authenticity and responsibility through a virtual identity that aims to stay true to myself online while still being careful and to help others when they need to.

A screenshot of a Facebook profile for Jerald Bonbon. The profile picture shows a man in a white shirt at a science and technology fair. The cover photo is a close-up of a yellow flower. The profile name is Jerald Bonbon with 924 friends. Below the name are navigation tabs: Posts, About, Friends, Photos, Reels, and Check-ins. The activity feed shows two notifications: one from an anonymous member reacting to a post, and another from two anonymous members mentioning the user in their comments.

Jerald Bonbon
924 friends

Posts About Friends Photos Reels Check-ins






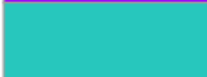

Anonymous member loves your answer to a question: "kung ppt, pwedeng pdf un, another would..."
11h · 1 Reaction

Anonymous member 909 and **Anonymous member 895** mentioned you in their comments.
1d

GiftedCapvbara6852 replied to your

**What is the dominant color you are seeing?
What does this tell you?**



	Physical
	Emotional
	Socio-Cultural
	Mental
	Spiritual
	Sexual
	Digital

Tests taken

Tests Taken	Discuss your result briefly.	Interpretation <i>(In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.)</i>
<ul style="list-style-type: none">• Freudian Personality		
<ul style="list-style-type: none">• VIA Character Strengths		
<ul style="list-style-type: none">• Self Esteem Scale		
<ul style="list-style-type: none">• Grit Scale		
<ul style="list-style-type: none">• Multiple Intelligence Test		
<ul style="list-style-type: none">• Personality Type Test		

FREUDIAN PERSONALITY

RESULT

Retentive hysteric

DISCUSSION

The result of me being a “retentive hysteric” type highlights me as someone who values solitude, introspection, and independence. My personality tends to prefer an inner world of imagination and private thought over social engagement, and that independence is a big chunk of my life. While others may misread me as having detachment in reality, it actually reflects my deep self-awareness and sensitivity that are simply expressed inside than outside.

INTERPRETATION

((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.))

Based on the results, focusing on my social and emotional dimensions would be fitted on me, as building strong, intrapersonal connections, and expressing emotions to others can open myself between my awareness inside and outside.

VIA CHARACTER STRENGTH

RESULT

HONESTY

DISCUSSION

Having honesty as my top VIA character strength means that I most of the time value truth, sincerity, and authenticity. That I prefer to be straightforward, even when the truth is uncomfortable. People often trust me because you stay consistent between what you say and what you do.

INTERPRETATION

((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.)

Since honesty is my strength, I can take focus on the moral and relational dimensions of myself. Continue nurturing my integrity by aligning my goals. At the same time, learning to balance honesty with empathy, and being truthful while remaining kind and considerate

SELF ESTEEM SCALE

RESULT

15/30

DISCUSSION

My score of 15 out of 30 suggests that my self-esteem is at a moderate level, neither too low nor very high. It shows that I have some confidence in myself but still experience self-doubt at times. I may often reflect on how others see me or question my abilities, yet I'm also aware of my worth and capable of improvement.

INTERPRETATION

((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.))

To strengthen my self-esteem, I should focus on the emotional and social dimensions of myself. Like celebrating small wins and surround myself with supportive people. By recognizing my strengths and trusting my progress, I can build a more stable and positive self-image.

GRIT SCALE

RESULT

3.7 / 5

DISCUSSION

My grit score of 3.7 shows that I'm fairly consistent and persistent when working toward goals. I tend to stay focused even when things get tough, though there's still room to strengthen my long-term commitment and patience. This score means I'm as determined as about half of other people tested, showing a good balance between effort and adaptability.

INTERPRETATION

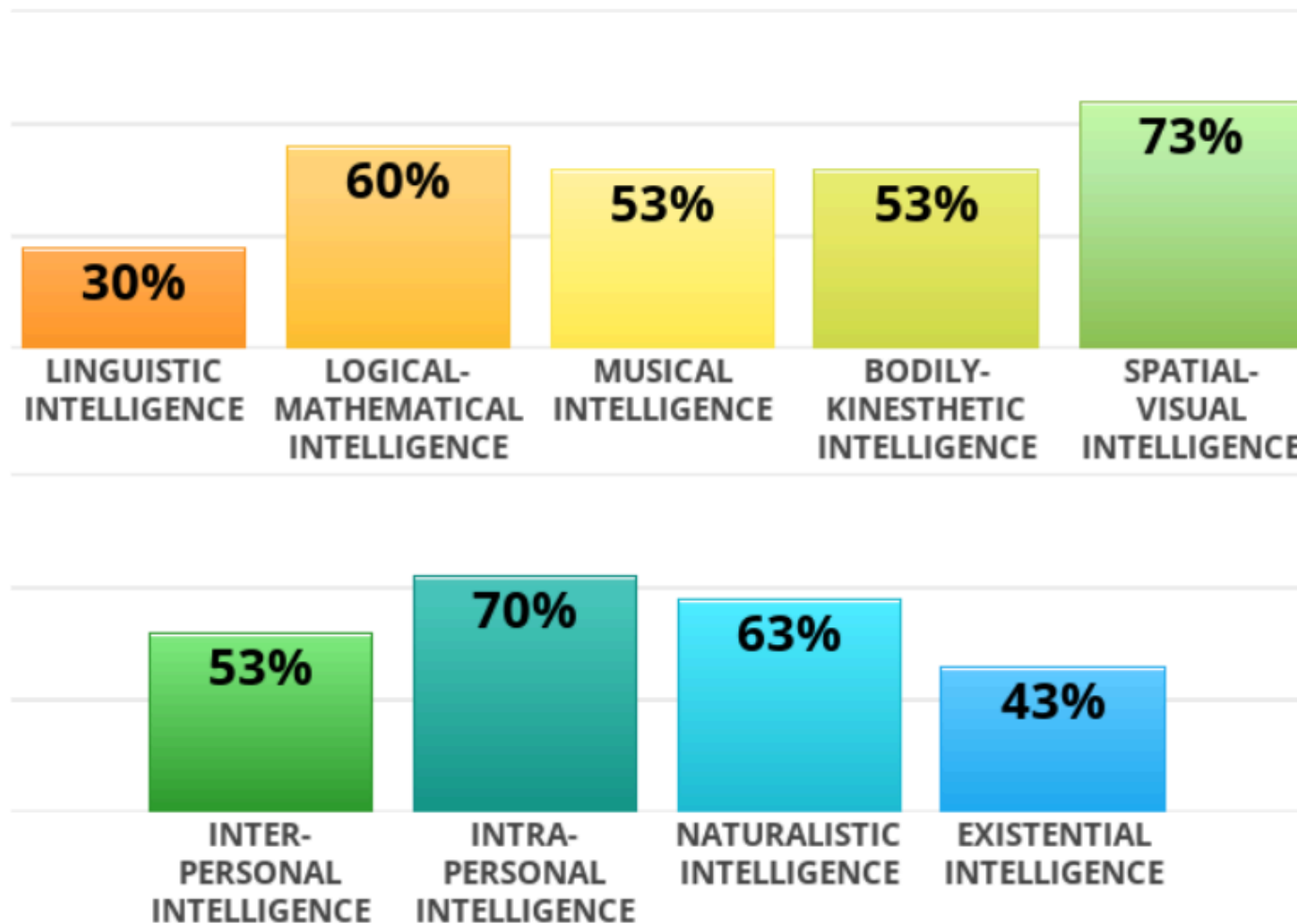
((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.))

To keep improving, I should focus on the mental and spiritual dimensions of myself. I plan to build stronger discipline by setting clear goals, maintaining a growth mindset, and finding purpose in what I do. Practicing reflection and mindfulness can also help me stay grounded and motivated, especially when facing difficulties.

MULTIPLE INTELLIGENCE

Multiple Intelligences Test

Results:



MULTIPLE INTELLIGENCE

RESULT

Spatial-visual and Intrapersonal Intelligences

DISCUSSION

My results show that I'm strongest in spatial-visual and intrapersonal intelligence. I learn best through images, patterns, and self-reflection. I understand my own thoughts and emotions well, which helps me think creatively and independently. My logical and naturalistic sides also support my ability to analyze and observe the world around me.

INTERPRETATION

((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.))

I should focus on improving my linguistic and interpersonal skills to express my ideas more clearly and connect better with others. I plan to practice speaking and writing more often while using visuals and creative methods that match my natural strengths.

PERSONALITY

RESULT

ADVENTURER (ISFP-T)

DISCUSSION

As an Adventurer (ISFP-T), I'm creative, sensitive, and guided by my feelings. I prefer to express myself through actions or art rather than words. Being introverted, I value solitude and need time to recharge, while my observant side helps me stay grounded in the present. I make decisions based on empathy, and my prospecting trait shows flexibility and openness to new experiences. The turbulent aspect reflects that I sometimes doubt myself but also use those emotions to grow and improve.

INTERPRETATION

((In relation to the results, what dimension/s of the self should you focus on to help you become the kind of person you want to be? Briefly state what plans do you have in mind.))

To become the person I want to be, I should focus on the mental and socio-cultural dimensions of myself. Like building more confidence in expressing my thoughts and connecting with others while keeping my individuality intact. By learning to balance emotion with logic and staying open to collaboration, I can turn my sensitivity and creativity into strengths that inspire others.

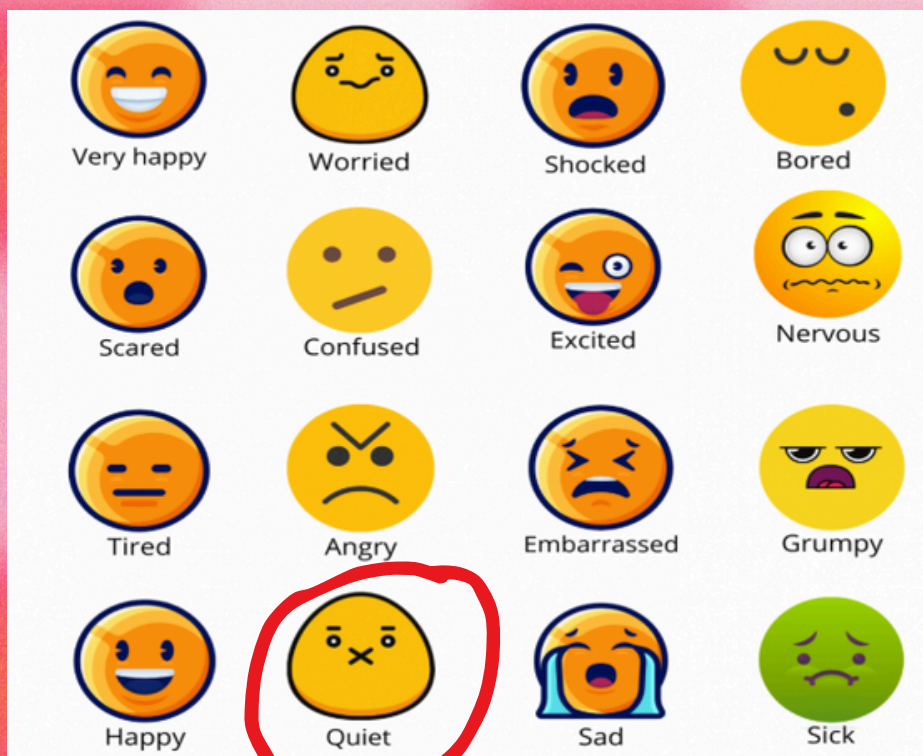
Introspection

Based on your test results and on the previous slide, what modifications would you like to make so that you'll be able to be the person you wanted to be in your e-scrapbook (future self)?

Most of the results shows that I lack social interaction with people. For my future self, I will definitely try to communicate, group with other people, and frequently socialize. As the saying goes, "no man is an island".

How does working on your E-PORTFOLIO make you feel about yourself?

Encircle or put a mark on any of these emoticons.



Final Reflection

Going over your E-PORTFOLIO, what message do you have for your past self and future self?

Dear Self,

Today, as I close the pages of this e-Portfolio on Understanding the Self, I've spent time looking back and forward, seeing my entire life laid out as a map. It's a moment of quiet realization, which, given my "retentive hysteric" personality, feels perfectly fitting. This whole process has made me feel quiet, not sad or bored, but grounded and aware.

For my past self, I want to talk to the boy who believed the mind begins as a blank slate, absorbing knowledge solely from the outside, like John Locke suggested. Thank you. Thank you for being a sensitive soul who valued solitude and introspection. That inner world, your strong Intrapersonal Intelligence, is what created the philosophical view you of the experiential reciprocity view of self. You thought that the self is not fixed, but constantly shaped by what you go through and what you take from it.

Dear Self,

Today, as I close the pages of this e-Portfolio on Understanding the Self, I've spent time looking back and forward, seeing my entire life laid out as a map. It's a moment of quiet realization, which, given my "retentive hysteric" personality, feels perfectly fitting. This whole process has made me feel quiet, not sad or bored, but grounded and aware.

For my past self, I want to talk to the boy who believed the mind begins as a blank slate, absorbing knowledge solely from the outside, like John Locke suggested. Thank you. Thank you for being a sensitive soul who valued solitude and introspection. That inner world, your strong Intrapersonal Intelligence, is what created the philosophical view you of the experiential reciprocity view of self. You thought that the self is not fixed, but constantly shaped by what you go through and what you take from it.

I know you struggled with your sense of worth in the middle to high school years, comparing yourself to peers. And I know the pressure to conform was immense. But I need you to remember this, that your quiet observation is your superpower. It allowed you to develop a strong sense of honesty and the perseverance to stay focused even when things got tough. Please, stop saying "No!" to everything, and learn to accept and say yes to yourself.

To My Future Self, the map of your developmental stages is not yet complete. The next big steps will be starting from now, from your professional life as an educator, forming lasting bonds of intimacy, and ultimately, leaving a legacy will challenge you precisely where you are weakest, which is being social.

I know you struggled with your sense of worth in the middle to high school years, comparing yourself to peers. And I know the pressure to conform was immense. But I need you to remember this, that your quiet observation is your superpower. It allowed you to develop a strong sense of honesty and the perseverance to stay focused even when things got tough. Please, stop saying "No!" to everything, and learn to accept and say yes to yourself.

To My Future Self, the map of your developmental stages is not yet complete. The next big steps will be starting from now, from your professional life as an educator, forming lasting bonds of intimacy, and ultimately, leaving a legacy will challenge you precisely where you are weakest, which is being social.

Your results showed a low level of self-esteem and a strong tendency towards introversion. You acknowledged that you lack social interaction and must focus on your social and emotional dimensions, which is good. I am writing to hold you to your word: Communicate, group with other people, and socialize.

To grow as a complete self, you must commit to break your norm to form lasting bonds. You are right that "no man is an island". So build those bridges!

With love and expectation,