

Growth in our self-concept depends on:

- Genuineness
- Empathy
- Acceptance (unconditional positive regard)



Our self concept is comprised of:

- True self
- Ideal self
- Self-image

When our self-concept is congruent, we are said to be well-adjusted.



Self-actualisation

We deal with threats or inconsistencies in our self-concept more adaptively

We need these things from important people in our lives.

# Carl Rogers Quizlet

**NARAYAN CHANDER**

## Carl Rogers Quizlet:

**Study Habit Tracker** Gabriel Barnes, AI, 2025-02-22 Study Habit Tracker addresses the common student struggle of building effective study habits for academic success. It introduces the core principles of habit formation such as the habit loop of cue routine and reward, demonstrating how small consistent actions lead to significant improvements. The book then presents various tracking systems from simple logs to digital tools to monitor study patterns, optimize learning, and identify areas needing adjustment. This approach emphasizes personalized tracking, encouraging adaptation to individual needs for sustained engagement. The book uniquely combines theoretical knowledge with practical exercises functioning as both a textbook and a self-help guide. It starts by establishing foundational concepts of habit formation and tracking benefits. Progressing through the chapters, it explores different tracking methodologies, provides examples and templates, delves into data analysis for identifying improvements, and discusses strategies for maintaining consistency and overcoming setbacks. Readers will discover how consistent tracking combined with an understanding of habit formation unlocks their academic potential.

**Strategic Sport Management** Michal Varmus, Milan Kubina, Roman Adámik, 2021-02-17 Sport and in particular the sporting environment has undergone significant changes in recent decades. The social significance and commercialization of sport, the use of new technologies and organizational structures, and the involvement of various stakeholders matter more today than ever before. This book addresses the key influence of stakeholders in particular on the activities of sports organizations, taking into account certain territorial differences around the world but also within Europe. The authors explain the key characteristics of the management of sports organizations as opposed to other organizations. These include the strategic management and setting of long term goals such as sporting success, sustainable funding, youth training, and community building. The authors present a strategic model for these goals and stakeholders in the context of sport, together with research based case studies in which the critical factors in the strategic management of successful and unsuccessful sports organizations are identified.

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