**COURSE SYLLABUS**

***The Knowledge Of Ourselves***

*„Who looks outside, dreams; who looks inside, awakes.”*

*” I am not what happened to me; I am what I choose to become.”*

*Carl Gustav Jung*

**Prerequisite / Co-requisite:**

None

**Course Description**

If you’re interested in the question ‘Who am I?’, and you are unsure of the answer but have a sneaking suspicion that the way other people perceive you is not the real you, then you are precisely the person I had in mind when preparing this course.

As a philosopher, my professional life has naturally been focused on the social dimensions of human attitudes and behavior. When it came to the question ‘Who am I?’, I was apt to sidestep the philosophical puzzle about what we mean when we say ‘self’ and concentrated on the identity or image, we display to others and they project onto us.

That’s why part of the professionals suggest that if you want to understand your identity, you should look into the faces of the people you live among – your partner, family, friends, neighbors, colleagues – and downplay the idea of an authentic inner self that might exist independently of our socially constructed identity.

But is that only half the story? While we all have a socially constructed personal identity, do we also have a deeper, more private sense of self? That idea of an inner self has been the subject of endless philosophical and theological speculation for millennia and, more recently, an enthralling subject for psychologists to study. And, for reasons we will explore together, that’s the self we often try to hide from.

In our seminar, we are going to use active methods such as dialogue, psychodrama, writing scenarios, and interviews. We propose reflection and active research. Students are encouraged to acquire a critical attitude to the multi-layered relationship of psychology and philosophy and, in doing so, develop an understanding of the complexities of human beings in time, culture, and history considered both from a psychological and philosophical point of view.

**Requirements:**

1. You are required to read the assigned materials and actively participate in class discussions. I also recommend you to read, if possible, additional non-obligatory material.

2. You are required to participate in the experiment about self-presentation. Students, who volunteer, will record a short video about self-presentation. All persons in the group will

participate in interpreting the videos.

3. You have to submit short essays at various stages of the course.

4. You are required to prepare a group presentation on the topic related to the course

theme.

**Grading:**

1. Active participation in class discussions – 40%

2. Short essays – 30%

3. Group presentation – 30%

**Course schedule:**

1. **Self-knowledge from different perspectives** I. (*Philosophy: „Know thyself”*)
2. **Self-knowledge from different perspectives II.** (*Psychology and folk psychology*)
3. **Judgment Day:** *Who I actually am and whom I think I am?*
4. **Playing with Identity**
5. **The Lightness of Being in Time: Existentialists and essentialists**
6. **What is this thing called ‘the self’?**
7. **Getting in touch with ‘the real me’**
8. **Why do we hide from ourselves**
9. **Anxiety:** *If we surrender to our anxieties, self-absorption will block the path to self-examination.*
10. **Arrogance:** *Cocooned by cockiness, we hide from our fear of our inauthenticity.*
11. **Complacency/Certainty:** *The warm bath of certainty lulls us into the confidence of believing that everything can go on as it is.*
12. **Masks and Labels:** *If we become too attached to our social identity, we may neglect the deeper question of character.*
13. **Projection:** *The faults we find in others are sometimes a reflection of our unresolved issues.*
14. **Out of hiding**

[**Compulsory reading**](https://hu.bab.la/sz%C3%B3t%C3%A1r/angol-magyar/compulsory-reading)**s:**

Rogers, Carl, *On Becoming a Person*, Constable & Company, London, 1967. Chapter 8-9.

Jung, C. G., *Modern Man in Search of a Soul*, Routledge 2005. pp. 200-226.

Two-three pages Excerpts from classical philosophical, psychological, and literary works are accessible in file formats.

Psychological interviews are accessible in file formats.

**Selected bibliography:**

Taylor, Charles, *Sources of The Self: The Making of The Modern Identity*, Harvard University Press, 1989

Hugo Strandberg (auth.) - Self-Knowledge and Self-Deception-Palgrave Macmillan UK, 2015

*All the reading materials are available in electronic form.*