

# Who am I? : The Looking Glass Self

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## SUGGESTED CITATION

*When using resources from TRAILS, please include a clear and legible citation*

Isaac, Ava. (2016) 2023. "Who Am I? : The Looking Glass Self". *TRAILS: Teaching Resources and Innovations Library for Sociology*, November. Washington DC: American Sociological Association. <https://trails.asanet.org/article/view/who-am-i-the-looking-glass-self>.

## Abstract

In this activity, students will familiarize themselves with the concept of the Looking Glass Self (1902) by participating in a low-stakes classroom sales pitch. Volunteer participants will complete pre- and post-questionnaires asking them to rate their performance and ability as public speakers. Unknowingly, they are subjected to pre-determined reactions from their classmates, eliciting either enthusiasm or boredom. After the pitches, pre- and post-questionnaires will be used for class discussion. At the end, students will be able to understand how sense of self is developed through social processes and interpersonal interactions. Students will then be assigned a brief, 1-2 page take-home response essay defining and detailing how the concept of the Looking Glass Self applies to their own lives. In the following class session, students will also be given a short period to anonymously write any comments, concerns or recommendations regarding the activity.

## Details

**Subject Areas:** Introduction to Sociology/Social Problems

**Resource Types:** Class Activity

**Class Levels:** College 100

**Class Sizes:** Medium

## Usage Notes

This activity is better suited for mid-semester, as it requires some level of rapport between instructor and students.

## Learning Goals and Assessments

### LEARNING GOALS

Students will be able to define and understand the concept of Cooley's Looking Glass Self and gain a sense for the larger sociological concept of symbolic interaction approaches.

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Provide a warm, welcoming, and low-stakes classroom environment for class participation.

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### ASSESSMENTS

Brief, 1-2 page take-home response essay defining and detailing how the concept of the Looking Glass Self applies to the students' lives.

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Brief, follow-up period for students to anonymously write any comments, concerns or recommendations regarding the activity and its ability to facilitate class participation.

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## Resource Files

PDF