Layperson Summary

As students, we are always looking forward to the future and moving at a pace that does not allow time for metacognition or reflection. However, this period called college is where we do a crucial part of our “growing up.” Now that I have been given the chance to really analyze myself, I hope to determine who I am using my experiences over these four years and compare my results to my perception of who I thought I was prior to college. Have I changed and if so, how much have I changed? I will address these questions using the theoretical framework of individuation proposed by Carl Jung.

The idea of individuation involves achieving an understanding of yourself by drawing connections between experiences and emotions—in other words, the integration of the unconscious and the conscious. It is often the case that we make choices without understanding our own thought processes. By analyzing the decisions that I have made, I hope to understand why I may have subconsciously chosen one path over the other. I will then categorize and comprehend this analysis using Jung’s concept of archetypes: broad stereotypes that represent a set of character traits. An example of an archetype is the warrior archetype, which exemplifies courage, determination, and heroism.

I will focus on a set of six artifacts that represent decisions or experiences that I have had over the past four years. These artifacts will highlight pivotal decisions that were made subconsciously and consciously and serve to help me define the archetypes that make up “me.” The artifacts chosen were carefully selected to display academic, professional, and social decisions that I have made in an attempt to develop a more wholesome picture of my identity using the process of individuation. If I dissect my experiences and match my thinking to my actions, what will I learn about myself?