

CREATING SELVES IN A RURAL COMMUNITY



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POSSIBLE SELVES

- Future-oriented, personalized, imaginal component of self-knowledge
- Hoped-for selves, expected, and feared selves
- 1. Standards by which one gauges current behaviours or information
- 2. Act as motivators to attain goals and avoid fears
- 3. Procedural knowledge to guide behaviour

RESEARCH DESIGN

- 8 young women, aged 17-19
- Small village in the interior of BC
- Possible Selves Mapping Interview
- Number of hoped-for and feared selves tabulated
- Content analysis grouped hoped-for and feared possible selves into 9 categories of life domains

HOPED-FOR SELVES

Categories of Hoped-for Selves with Relative Frequencies and Examples of Responses

Category	Examples
Personal Attributes (0.25)	Well-adjusted, adaptable
Relationships (0.19)	Loving and connected
Possessions (0.14)	Own a timber-frame house
Lifestyle (0.11)	In nature and the outdoors
Occupation (0.08)	A television journalist
Family (0.08)	A good mother

FEARED SELVES

Categories of Feared Selves with Relative Frequencies and Examples of Responses

Categories	Examples
Personal Attributes (0.27)	Not being open to other views
Relationships (0.23) friends	Cut off from family and
Health (0.15)	Dying of cancer (I smoke)
Lifestyle(0.13)	Living in the suburbs
Possessions (0.10)	Not being able to pay bills
Occupation (0.08)	A job without meaning

IMPLICATIONS

- ❑ Need increased exposure to other experiences, eg. travel
- ❑ Provide positive role models and community mentors
- ❑ Career programs that include opportunities for self-exploration as well as providing information and field exploration
- ❑ Provide group counselling