Self-Portrait: How I See Me

Maxine E. Fernandez

Department of Psychology, Old Dominion

PSYC 304

Prof. Jennifer Muth

2/12/2021

Self-portrait: How I See Me

As a young adult swamped by social media influences, I had a lot of different photos to choose from. I decided that half of my photos I should select would be professional and showed my mature side. Two of the photos were from my senior photoshoot for high school last year, while another one is from a family Christmas photoshoot. I chose these photos as professional as though they were to be viewed for a job application. These specific photos for me are important in presenting myself for professional circumstances.

For the other three photos, however, they were not as professional. In one photo, I had my cat with me. In another one, I have my hedgehog. Finally, I have a regular photograph I took of myself. It's essential for me to include non-professional photos of myself because to get an accurate representation of who I am, I have to be open to all sides of me.

The first two photos I selected were professional photos of me at the beach. I moved to the east coast permanently almost two years ago and live about 15 minutes away from this particular beach. Although it's swarmed with tourists during the summer, it's one of my favorite places to be during the winter. Throughout my whole life, I've traveled all across the country and over the Atlantic Ocean. Because of how much of the world I've seen and the location of this photo, it is clear that it represents my love for nature and traveling.

The other professional photo I chose was me in a family photo. Family is a value I hold dear to me, and I cherish them more than anything. Within the photograph, it is clear that I am the oldest out of my siblings, so it can be assumed that I hold the sole responsibility at being a big sister. I try to provide my siblings with a role model to look up to. I am holding my littlest sister in this photo as well. This represents how protective I am of my family, specifically my youngest sister, who is five. The next three photos represent me in a nonprofessional situation. The first one is a photo of my hedgehog and me. I have always had a love for all animals, and this can be seen as a compassionate trait I have. Similar to my pet rolling herself in a ball, I keep the myself secluded from most people and keep myself bottled up in my own little world. This picture, therefore, shows a more mysterious and exotic side of me that not many people know about. Privacy is an important value I have, whether it be for what I do in my daily life, relationships, or what big events are occurring currently.

My absolute favorite animal are not hedgehogs, however. I have had a love for cats from a young age, so it seems fitting that I include a photograph of my cat and me. Although it may seem like just any other cat, the story behind him shows another side of me. I found him as a five-week-old kitten outside, and immediately I did everything I could to save his life. After weeks of nursing him back to health, he now lays by me five years later as I'm writing this paper. This, therefore, represents my kindness and stubbornness when doing something I'm committed to.

Finally, I selected a normal photo I took of myself. A lot of people always say to me that my natural red hair makes me a unique person, and I've learned to embrace this into my life. Although my life seems miniscule in this world, it is important to me and the people around me. I see myself as a young adult who is ambitious and is ready to take on the world and to learn everything, I can get a grasp on.

Overall, each of these photographs I chose allows an accurate representation of both how I see myself, and how I believe the outside world sees me. The professional photos represent me as a scholar, a sister, a daughter, an adventurer, and a bright person who is ready to take on any task. The non-professional photos demonstrate how I value privacy, my love for animals, a perceiver, and how unique I truly am. This assignment allowed me to view myself from an outside point of view, and to clearly evaluate how people may view me.