Social identities are socially constructed ways we define ourselves and are perceived by others based on various physical, visible, hidden, regional, economic commonalities, or any other socially perceived commonalities we share with a group of people.

Examples: Racial, ethnic and national identities, gender identity, sexual orientation, religion, ability, class, etc.

Personal Identity: a distinguishing characteristic(s) a person takes a special pride in; form a basis for the persons self-worth, individuality and distinction along with morals and values.

Examples: Volunteer, hard work ethic, daughter, brother, artist, chef, creative writer, poet, athlete, etc.

Multiple Identities: Every individual has a multiplicity of identities that include both social and personal identities.

Examples: An African American, heterosexual, female college student who studies chemical engineering and plays soccer.

Your identity is fluid and may change throughout your college experience and your lifetime. As we become more familiar with and aware of our identities we acquire information that enables us to redefine and re-evaluate who we are.

Take a “Social Identity Wheel” Worksheet!