

Cognition and understanding others : overt and covert levels

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Congratulations on the 40th anniversary of the founding of Research Institute of Early Childhood Education and Care, Hiroshima University. In March, 1993, I had a good opportunity of giving my final talk when I left The University of Hiroshima under the age limit for Mukogawa Women's University. I remember I gave my talk in French style regarding my own academic history. Again I left Mukogawa Women's University under the age limit last year, but this time I bluntly presented my second final talk on recent idea on cognition and understanding others : covert and overt levels. I am still having two classes a week as a part-time teaching staff. I would be happy if this abstract could be received an article of mine. I was operated on heart with heart pacer, but twice checks afterwards showed nothing wrong. God/Buddha gave me the pacer, as a present, I think. I am feeling better and better, and I would like to do research and practice in my field in addition to study more on philosophy, religion, and culture. As you probably know I had an opportunity to write regarding studying American English, studying Japanese history, thinking of social manners, and asking question in the classrooms in *Psychology World* (, 27, preface, 2004). These are not only significant but necessary items to be learned for young international psychologists. I do hope I will be able to meet with you again at domestic conventions and possibly at ones held overseas.

Abstract (final talk at Graduate School of Clinical Education, Mukogawa Women's University, in March, 2003)

There are many aspects and variables underling self-cognition and understanding others. This final presentation emphasizes the psychological functioning of self-cognition and understanding others in terms of covert and overt levels. There are four aspects of self-cognition and understanding others. First, one perceives oneself (self-cognition). Second, one perceives how others way perceive oneself (cognition of self which may be perceived by others.) Third, one perceives others (understanding others). Finally, one perceives how others may perceive themselves understanding others who may perceive themselves. Each of these aspects is concerned with both covert and overt levels. Both covert and overt levels are dichotomized at least, positive or negative, even though each level may consist of a continuous variable rather than a discrete one. We must see how we cognize ourselves and others at the covert and overt levels. There can be several outcomes depending on the specific quadrant or categorization at each level. Each person should be located in any cell for a specific behavior and attitude. Psychologists are expected to do research on self-cognition and understanding others in terms of covert and overt levels for the sake of sound self-cognition and understanding others. Healthy self-cognition and better understanding of others would lead to human well-being. Helping others grow comes from such a cognition and understanding others.

Nevertheless, it seems to be hard for us to find the strong bridges among people. Mars has not been explored yet. How does Goethe think of these questions in the Pure Land (or in the Heaven)?