

The **humanities** include subjects like history, literature, art, music, philosophy, and culture. They help us understand people, ideas, and human experiences throughout time. When we study the humanities, we learn about different cultures, values, and stories that shape who people are.

**Self-identity** means how you see yourself — your personality, beliefs, values, and the things that make you unique. The humanities help shape self-identity by giving you ideas and examples from many different people and times so you can learn more about yourself and the world.

Creative works, like paintings, poems, stories, songs, and movies, have a strong impact on how people view themselves. They:

- **Show emotions and experiences:** Art and stories help express feelings and situations that others might also have. This can help you realize you're not alone and help you understand your own feelings better.
- **Encourage self-expression:** When you read, write, paint, or create, you explore your own thoughts and feelings. This helps you understand and develop your identity.
- **Present different perspectives:** Creative works introduce ideas and ways of life different from your own. This helps you appreciate diversity and can influence your beliefs and values.
- **Inspire personal growth:** Seeing how characters overcome challenges or hearing powerful messages through music can motivate you to grow and change positively.

In short, the humanities give us tools and stories that help us figure out who we are, while creative works open our minds and hearts to explore and express our own identity.