

DEVELOPING

HIGH SELF-ESTEEM

Model

Read about Denise and how she became more confident about her foreign language abilities.

Denise's family offered to host Bernadette, a French exchange student, for three weeks. Denise was taking French in school, but she wasn't sure that she would be able to say more than "How are you?" in that language. She decided that she would try to learn enough French so that she and Bernadette would be able to carry on basic conversations. She had 1½ months to reach her goal.

Denise talked with her French teacher about what she could do to improve her French. He loaned her a tape of practice exercises and arranged for her to study with another student. By the time Bernadette arrived, Denise was able to speak to her about various subjects. She was so pleased that she started looking into exchange programs to France.



Practice

Use what you've learned to explain what Robert could do to feel better about himself.

Robert feels that math is like a foreign language he just can't understand. He barely passed the last three quizzes. He just doesn't "get" math, and he would rather study something that he enjoys, such as history. Robert hates feeling bad and worrying about his math grade. What can he do?

On a sheet of paper, list four actions Robert could take to raise his self-esteem and improve his math skills. For example, he could arrange to work with a tutor during study hall. When you have completed your list, compare your examples with those of others in your class.

Apply/Assess

Learning a new skill can help you build your self-esteem. Think about a skill that you would like to develop. Perhaps you would like to be able to hit a softball farther or learn how to take better photographs. Keep a journal in which you plan actions that raise your self-esteem by mastering a skill. Explain how learning this skill will improve your self-esteem. Carry out these actions, using your journal to record your progress.



Practicing Healthful Behaviors

You can raise your self-esteem by taking these actions.

- Set realistic goals.
- Focus on your strengths.
- Ask for help when you need it.
- Accept constructive feedback.
- Learn from your mistakes.

Self-Check

- Do my journal entries show my plans for actions that help me master a skill?
- Do I explain how learning this skill will improve my self-esteem?

