

FOSTERING SELF-ESTEEM AND PEAK PERFORMANCE IN THE CLASSROOM

Rationale

Research shows that self-esteem is a better predictor of academic success than measured intelligence. Students with high self-esteem also have higher aspirations in life, enjoy better interpersonal relationships and demonstrate productive behaviour in general as compared to those with low self-esteem. As aptly stated by D.C. Briggs, "Self-esteem is the mainspring that slates every child for success or failure as a human being."

Objectives

- At the end of the workshop, participants should be able to:
1. Define "self-esteem" and assess their overall level of self-esteem.
 2. Explain the five major steps in enhancing personal self-esteem.
 3. State at least ten tips on enhancing personal self-esteem.
 4. Explain the five major building blocks of students' self-esteem.
 5. State at least five general characteristics of students with low self-esteem.
 6. State at least ten tips on enhancing self-esteem of students.

Content

1. Understanding self-esteem
2. Enhancing self-esteem
3. Importance of self-esteem in the classroom
4. Building blocks of students' self-esteem
5. General characteristics of students with low self-esteem
6. Enhancing self-esteem of students

Methodology

Interactive lectures, exercises, video presentation, movie-clips, group discussions and self-esteem questionnaire

Duration

2 days

Target Group

Teachers

Facilitator

Dr. Ranjit Singh Malhi/Azman Shah