

Strategies to assist in Improving Self-esteem

- 1 . Avoid forcing the student into a situation where he/she will fail or will be fearful of failing in front of peers.
- 2 . Check frequently with the student to see if he/she needs help; many students are unlikely to come forward to ask for help.
- 3 . If the student is working as part of a team or in a small group, allow him/her to take on that part of the task that he/she is competent in. Let them be a part of the group success.
- 4 . Provide opportunities for the student to take on responsibilities such as being a teacher's aid, hall monitor, errand runner, etc.
- 5 . Help the student identify and develop talents that as yet have not been identified.
- 6 . Provide nonacademic activities for the student inside and outside of school. This could include fine arts, athletics, community service, youth groups, vocational courses, hobbies, etc.
- 7 . Eliminate competitive academics such as "spelling bees" or math contests. If they are necessary, excuse the student from participation without exposing him/her to embarrassment.
- 8 . Avoid being condescending. Praise the student only when it is truly deserved.
- 9 . Avoid reprimanding the student publicly. Make corrections in private conversations.
- 10 . Give the student the opportunity to make up a low grade. Consider assigning special projects that take advantage of his/her skills.
- 11 . Allow the student to remove him/herself from a situation that increases his/her anxiety.
- 12 . Children feel like winners when they are part of a winning team. Teachers should speak positively about the whole class, school, etc. Avoid remarks that devalue or overvalue the student and what he/she is a part of.
- 13 . Be alert for signs of delinquent activities. Children with poor self-esteem are at risk for behavior contrary to societal values.
- 14 . Promote and reinforce positive behaviors in the student!
- 15 . Do not make any comparisons between the student and other children.
- 16 . Avoid remarks, positive or negative, about the student as a person. Instead, talk about his/her efforts, behavior, work, etc.
- 17 . Provide nonverbal cues to let the student know that you are pleased with him/her. Examples include stickers, stars, "smiley faces", a brief note, or a pat on the back. Encourage the student to show such "tokens" to parents, friends, siblings, or other staff.