Review

Directions: After watching “Character: Self Esteem Basics”, answer the questions below.

1. What are some factors that influence your perspective?

2. What is self-concept?
3. What is self-esteem?

4. What are some ways having high self-esteem helps you?

5. How can you boost your self-esteem?

6. What is competence?

7. What is confidence? How does confidence help you?
Review

Directions: After watching “Character: Self Esteem Basics”, answer the questions below.

1. What are some factors that influence your perspective?
   - Family – large family or only child
   - Cultural background
   - Religious views
   - Where you grew up
   - Your school
   - Family’s income
   - Gender

2. What is self-concept?
   - Self-concept is how you see yourself. It includes your personality, your abilities, and your likes and dislikes. It changes as you get older.
3. What is self-esteem?

*Self-esteem is how much value you place on yourself.*

4. What are some ways having high self-esteem helps you?

*Have healthy relationships*
*Avoid harm*
*Share your talents*

5. How can you boost your self-esteem?

*Learn to accept praise*
*Focus on your strengths*
*Use your strengths to help others*
*Learn from your mistakes*

6. What is competence?

*Competence is the ability to do something well.*

7. What is confidence? How does confidence help you?

*Confidence is being comfortable with your skills. Confidence helps you take healthy risks and avoid harmful risks.*