**Career and Family Leadership**

**SELF CONCEPT PAPER**

The purpose of this assignment is to analyze some outside influences on your self-esteem and their positive and negative effects. It is to be written in complete sentences. Each paragraph should be long enough to explain the full impact of this relationship on you, being **at least 6 sentences long**. A typed paper is required in 12 font, Times Roman font, and double spaced. Make sure you put time and effort into this **70 point assignment**! You will have a better self-image if you do! Remember,

Nothing builds self-esteem and self-confidence like accomplishment.

~Thomas Carlyle

**Paragraph1:**  This is the introduction paragraph. Give a brief description of yourself and identify the meaning of self-esteem.

**Paragraph 2:** Describe a time when a **person (peer, parent, teacher, coach or anyone else)** had a **positive** affect on your self-confidence. Explain what role they played in helping you with any of the following characteristics:

* Be more creative
* Be willing to try new activities
* Have a sense of humor
* Admit mistakes and make up for them
* Be energetic and enthusiastic
* Believe strongly in your principles or values
* Feel confident to deal with a challenging situation

**Paragraph 3:** Now write about a time when a person had a **negative** impact on your self-esteem. Explain what happened that made you:

* Feel unloved or inferior
* Fear social situations
* Get discouraged easily
* Fear competition, be reluctant to try new things
* See yourself as incapable and unworthy, feel like your thoughts or feeling don’t matter
* Be uncertain of your own opinions and values
* Ridiculed or humiliated

**Paragraph 4:** This one is to be about a **choice you made or a behavior you did** that had a negative affect on your self-concept. Remember that everyone makes mistakes – the important thing is to learn from them! Explain the situation and the action you took that resulted in:

* Feeling like you can’t do anything right
* Ashamed of yourself
* Embarrassed by your choice

**Paragraph 5:** The last paragraph of your paper is to be about **a choice you made or a behavior you did** that had a positive impact on your confidence. What was the situation and how did you handle it? Was any part of it difficult? What have you learned from this choice?

* Confident in your ability to think and perform
* Certain of your ability to cope with the temptations and challenges of life.
* Confident in your worthiness!

**Paragraph 6:**  Sum it up. Stop and think about how you really think about yourself – do you see yourself as lovable and capable? Do you have difficulty with that?

 If you really knew me, you’d know that my self-esteem is usually…

 When I think about what I think about ME when nobody else is around…

**Remember that even though much of our personality is shaped by our parents and peers, we are not victims! Don’t identify with momentary feelings of helplessness and defeat. Hang in there with positive self-talk, good decisions and going for your goals! There are no short cuts in life.**

**“Self-esteem is always an intimate experience; it is what we think and feel about ourselves, not what someone else thinks and feels. Self-esteem really is the reputation we get with ourselves.” Author: Nathaniel Branden, PhD.**

**Grading Sheet for Self Concept Paper**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_ 1. Paragraph 1 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_ 2. Paragraph 2 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_ 3. Paragraph 3 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_ 4. Paragraph 4 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_\_5. Paragraph 5 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_\_6. Paragraph 6 [10 pts.]**

 **-2 per error**

 **-2 if not a paragraph**

**\_\_\_\_\_\_\_\_ 7. Typed neatly, 12 font, Times Romans font**

 **and double spaced. [10 pts.]**

**\_\_\_\_\_\_\_\_\_\_8. Quality information**

 **[10pts.]**

**\_\_\_\_\_\_\_\_\_ YOUR TOTAL OUT OF 80 points**