



COURSE SYLLABUS

<u>Course:</u>	EDZU 9111 Building Self-Esteem to Improve Student Performance
<u>Credit Hours:</u>	3.0 credits / 45 hours
<u>Instructor:</u>	Lisa Seligson

Course Description

Healthy self-esteem can have many positive effects on student performance. Teachers enrolled in this course will develop a strong understanding of self-esteem and an ability to recognize the character traits of students who have both a high and low self-esteem. Teachers will be guided through current research, developing lessons, and creating everyday practices to bring out the best performance in their students. This course will provide teachers in grades K-12 with meaningful, engaging experiences to help develop a healthy self-esteem in their students.

Course Goals

To Know

1. The factors that affect self-esteem
2. How to identify signs of healthy self-esteem
3. How to identify signs of low self-esteem

To Understand

1. The impact of healthy self-esteem on student performance
2. The impact technology has on self-esteem
3. The importance belonging has on self-esteem

and To Be Able To

1. Identify books and songs that build healthy self-esteem for your grade level(s)
2. Create activities and lessons that develop self-esteem
3. Implement everyday practices in the classroom that build self-esteem

Course Outline

Unit One – Understanding Self-Esteem and the Importance of Self-Esteem in the Classroom

- A. Characteristics of Self-Esteem
- B. Factors Affecting Self-Esteem
- C. Impact of Self-Esteem on Students
- D. The Importance of Belonging in Developing Self-Esteem

Unit Two – Recognizing Healthy Self-Esteem and Low Self-Esteem

- A. Signs of Healthy Self-Esteem
- B. Things People with Healthy Self-Esteem Don't Do
- C. Signs of Low Self-Esteem

Unit Three – Ways to Improve Self-Esteem in the Classroom Setting

- A. Everyday Practices to Build Self-Esteem in the Classroom
- B. Books that Build Self-Esteem
- C. Songs that Build Self-Esteem
- D. Games that Build Self-Esteem

Unit Four – Positive and Negative Effects of Technology on Self-Esteem

- A. Impacts of Technology on Self-Esteem
- B. Apps that Build Self-Esteem
- C. The Effect of Social Media on Self-Esteem

Methods of Instruction

Teachers enrolled in this course will evaluate primary and secondary sources and presentations in order to better understand the factors that affect the self-esteem of their students. They will complete assignments that assess their understanding of self-esteem and ways to enhance the self-esteem of their students. Participants will be challenged to apply their learning immediately to their own classrooms, school districts, and communities.

Students will connect with each other throughout the course within forums and various other types of online feedback options built into each class.

Methods of Assessment

A student must complete all of the assigned readings assignments, participate in each forum and complete the final graduate assignment to create a resource guide for classroom teachers to help develop self-esteem in their students. The guide may include games, activities, and books/apps that would be helpful to use.

To receive an A in this course include resources from all three of these topics. To receive a B, choose two of the three to include.

Instructors are online each day of the course and correspond with students through the course itself, feedback on assignments, e-mail, and by phone.

Time Validation

Assignment	Time (in hours)
Introductory documents (About the Instructors, Teacher Expectations, Troubleshooting)	0.50
Forum #1: Autobiography	0.50
Read article about understanding self-esteem and answer questions (assignment 1)	2.00
Read the article and discuss factors of low self-esteem you have seen in your students 2.00 (assignment 2)	2.00
Read the article on the importance of belonging, count how many times in an hour your words convey belonging and reflect on what you documented. (assignment 3)	2.50
Read the article and watch the video about signs of healthy self-esteem. Discuss how you can incorporate these attributes into your classroom (assignment 4)	2.50
Read the article and watch the video on signs of low self-esteem. Reflect on students you have worked with who exhibited some of these traits and how it affected them. (assignment 5)	2.50
Forum #2: Share some signs of healthy self-esteem and low self-esteem that you have observed in students you have worked with	1.00
View the Ted talk on creating self-esteem and answer the questions. (assignment 6)	3.00
Read the articles about everyday practices that can be implemented in order to build self-esteem. Select three you think would help your students, and discuss how you would adapt them for use in your classroom. (assignment 7)	2.50
Read the article about ways to build a classroom community. Discuss which ones you would want to implement and why you think they would be beneficial (assignment 8)	2.50
Watch the video on improving self-esteem with your class and reflect on their response to the video. If you do not have a class, discuss whether or not you think the video would be effective and why. (assignment 9)	3.00
Forum #3: Share some everyday practices you currently use or would like to incorporate into your classroom in order to build self-esteem.	1.00
Review the worksheet suggestions for your grade level and discuss which ones you think would be useful and why. (assignment 10)	2.50

Review the activities for your grade level. Choose one and write a lesson plan for how you 3.00 would use it in your classroom. (assignment 11)	3.00
Read the article on art exercises to help boost self-esteem and choose one you think would benefit your students. Reflect on how you think it would help to increase their self-esteem. (assignment 12)	2.50
Forum #4: View the suggestions of quotes on self-esteem. Choose one of them or pick your 1.00 own and discuss how you would use it with your students	1.00
Read the article and how books can help develop self-esteem. Create a list of book 2.50 suggestions appropriate for your grade level that help build self-esteem (assignment 13)	2.50
<i>View the Ted Talk on inspiring confidence and self -belief in students through music. Read the lyrics of the ten inspiring songs and discuss which you would use with your class. (assignment 14)</i>	3.00
Forum #5: Share a book or song and why you think it would be beneficial to use with students 1.00 to increase self-esteem	1.00
<i>Read the article summarize the positive and negative effects of technology. Then, discuss your own thoughts on allowing or limiting its use for children. (assignment 15)</i>	2.00
After reading the suggestions in the articles linked below, choose a few apps that you think would be beneficial for your students and discuss why and how you might use them in the classroom. (assignment 16)	1.00
Read the article and create a tip sheet for parents including the reasons why they should be mindful of their child's social media usage and ways they can help their children to reduce the amount of social media they consume. (assignment 17)	2.50
Total Time	45.00