

Self Esteem

Blog Post

<https://blog.edmentum.com/5-strategies-help-boost-your-students%E2%80%99-self-esteem-and-confidence-classroom>

5 Strategies to Help Boost Your Students' Self-Esteem and Confidence in the Classroom

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For some of your students, self-confidence in the classroom comes naturally. They tackle new materials head on and know how to get their points across. For your less-confident students, the day-to-day requirements of school can cause anxiety and frustration. They may question their abilities and struggle with the stress of balancing it all. As a teacher, you have the opportunity to positively influence your students and encourage them to feel proud of their abilities and accomplishments.

Here are five strategies to help boost your students' self-esteem and confidence in the classroom:

1. Praise and acknowledge accomplishments

Students who don't have a lot of confidence tend to focus on only the negative aspects of what they are doing. Make it a point to praise and acknowledge students when they do something correctly, both in private

NHS: Raising Self Esteem

<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/>

Raising low self-esteem

We all have times when we lack confidence and do not feel good about ourselves.

But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our day-to-day lives.

What is self-esteem?

Self-esteem is the opinion we have of ourselves.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.

What causes low self-esteem?

Low self-esteem often begins in childhood. Our teachers, friends, siblings, parents, and even the media send us positive and negative messages about ourselves.

For some reason, the message that you are not good enough is the one that stays with you.

Perhaps you found it difficult to live up to other people's expectations

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Self-esteem

Explains what self-esteem is, practical tips for improving your self-esteem, and advice on where you can go for support.

If you require this information in Word document format for compatibility with screen readers, please email: publications@mind.org.uk

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