



# NHS ADVISORY

October 9, 2014

<b>Grade</b>	9
<b>Topics</b>	<b>Mustang Mentors will run this lesson</b> <ul style="list-style-type: none"><li>- Review School Song</li><li>- Employment Questionnaire</li><li>- Self-esteem/Activities Fair/Involvement</li><li>- Review ReadStep Assessment Agenda (10/15)</li></ul>
<b>Goal</b>	Explore the concept of self-esteem. Understand to correlation between getting involved/joining a club and high self-esteem.
<b>Activities/ Procedures</b>	<p>Mentors may first want to spend a few minutes getting reacquainted with their advisory group (they met the freshmen at 8<sup>th</sup> grade step-up day).</p> <ol style="list-style-type: none"><li>1. <b>Explain to students that they're all learning the school song for a class competition that will take place during a February Advisory. (The lyrics and Ashley Nelson's version of the song have their own link under the Advisory website.)</b></li><li>2. Distribute Employment Questionnaire &amp; have students complete it</li></ol> <p>Next: Write the word "Self-esteem" on the board. Ask students to define the term. Have students come up and write their ideas on board.</p> <p>Help students understand that self-esteem refers to how we understand and value ourselves.</p> <p>People with high self-esteem are realistic about their strengths and weaknesses and are able to set goals and work toward them with optimism and humor. They also feel competent in areas they consider important and do not take other people's negative impressions of them too seriously.</p> <p>People with low self-esteem have a hard time honestly evaluating their strengths and weaknesses and often have an unrealistic, overall negative impression of themselves. They take other people's opinions of their strengths and weaknesses more seriously than they should. Also, they do not</p>

feel competent in areas they consider important. People with low self-esteem tend to be pessimistic.

For more information about research on self-esteem, visit the following Web sites:

National Association for Self Esteem

The Self Esteem Institute

Tell students that an important first step in building self-esteem is taking a realistic look at their strengths and weaknesses and likes and dislikes. This helps them know what goals are realistic to pursue, what aspects of their personality and lifestyle to seek to improve, and how to identify their weaknesses without worrying about how others perceive them. Tell students that self-knowledge helps lay the foundation for high self-esteem.

Mentor spend time talking about the Activities Fair.

Share some of the clubs that they are members of.

Explain that getting involved and joining a club helps students feel like they belong and are part of the school.

A handout with a list of club/activities with descriptions.

**Distribute handout regarding ReadStep Test**