



# NHS ADVISORY

October 9, 2014

<b>Grade</b>	10
<b>Topics</b>	<ul style="list-style-type: none"> <li>- School song</li> <li>- Employment Questionnaire</li> <li>- Self-Esteem/Extra-curriculum involvement</li> <li>- Overview of PSAT(distribute the PSAT booklets)</li> </ul>
<b>Goal</b>	<p>To establish an understanding of self-esteem .          Explain correlation between being involved within the school, to self-esteem.          Understand the PSAT process and test strategies.</p>
<b>Activities/ Procedures</b>	<p>1. 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.)</p> <ol style="list-style-type: none"> <li>1. Arrange the desks in a circle and have an open discussion about self-esteem. (What helps build high self-esteem?)</li> <li>2. Explain that the following activity is related to self-esteem.</li> <li>3. Next hand out a white lined piece of paper and ask the students to write their first and last name of the paper.</li> <li>4. Hand the paper to the person to the left. Ask the person to write something positive/ a compliment about the person's whose name is on the top. Continue passing the paper until they receive the paper with their name on it back.</li> <li>5. In silence, let each student read the compliments. Watch as their self-esteem grows and smiles come to their faces.</li> <li>6. Share the following information.</li> </ol> <p style="text-align: center;"><b>HOW TO ENHANCE YOUR SELF-ESTEEM</b></p> <p>The way we feel about ourselves has a huge affect on the way we treat ourselves and others, and on the kinds of choices we make. Here are some</p>

things you can do to protect, raise, or reinforce your self-esteem.

- **Spend time with people who like you and care about you.**
- **Ignore (and stay away from) people who put you down or treat you badly.**
- **Do things that you enjoy or that make you feel good.**
- **Do things you are good at.**
- **Reward yourself for your successes.**
- **Develop your talents.**
- **Be your own best friend - treat yourself well and do things that are good for you.**
- **Make good choices for yourself, and don't let others make your choices for you.**
- **Take responsibility for yourself, your choices, and your actions.**
- **Always do what you believe is right.**
- **Be true to yourself and your values.**
- **Respect other people and treat them right.**
- **Set goals and work to achieve them.**

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7. Ask students to share what school/extracurricular activities they are involved in. Make a connection between involvement and self-esteem.

**8. Distribute the PSAT Overview sheet and explain the PSAT process & test strategies. Distribute the PSAT practice booklets.**