



LILIE, LLC Course Information

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Title of Course (45 hours): Building Self Esteem in the Classroom

Course Description: Many children suffer from low self esteem and there are specific indicators that may identify this problem. Low self esteem in our youth may have devastating academic and social effects. This course will discuss the causes of low self esteem and address the specific risk factors that may prevent a healthy self esteem in children. This class will explore important techniques to build self esteem of our students in the classroom and recommend additional outside sources of intervention.

Overall Course Objective and Expectation(s):

- Teachers will examine the causes of low self esteem in their students
- Teachers will explore the integrative knowledge to diminish low self esteem in their students
- Teachers will gain the capacity to build self esteem in the classroom environments through the contents of this course
- Teachers will develop insights into identifying low self esteem in their students through identification of at risk behaviors.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

Suggested Readings (subject to change):

- Self esteem for a Lifetime- Dr Ingrid Schweiger
- How to raise your self esteem- Nathaniel Branden
- Breaking the chain of low self esteem- Marilyn Sorensen

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week 1

Topic(s):

- Self esteem quiz and test
- What is self esteem?
- Types of self esteem
- The development of self esteem

Objectives: To define self esteem

- To assess our own self esteem
- To distinguish the various types of self esteem
- To understand the development of self esteem in children

Impact on Classroom Instruction:

- Teachers will understand how low self esteem impacts academic performance
- Teachers will understand the factors that influence the development of self esteem in their students
- Teachers will distinguish the differences in self esteem among their students

Learner Outcomes:

- Teachers will be able to assess their own self esteem and the self esteem of their students
- Teachers will be able to decipher the different types of self esteem

Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- Teachers will critically respond to peer posts pertaining to the types and development of self esteem.
- Teachers will post their reactions to the assessment of their own self esteem.
- Teachers will reflect upon factors that influence self esteem in youth.
- Teachers will share difficulties/stories of students with low self esteem.
- Teachers will conduct a discussion of how low self esteem impacts student academic performance.
- Teachers will compare and correlate the differences in self esteem with student academic performance.



Week II

Topic(s): Causes of low self esteem

- Family
- Abuse
- Peers
- Bullying
- Media
- Disabilities
- Academic effects of low self esteem
- Social effects of low self esteem

Objectives:

- To understand the causes of low self esteem
- To understand how family influences self esteem
- To recognize how abuse can cause low self esteem in children
- To recognize how peers influence self esteem in children
- To understand how bullying influences self esteem in children
- To understand how the media influences self esteem
- To understand how disabilities affect self esteem
- To understand the academic effects of low self esteem
- To understand the social effects of low self esteem

Impact on Classroom Instruction:

- Teachers will understand the various factors that contribute to low self esteem
- Teachers will understand the academic effects of low self esteem
- Teachers will understand the social effects of low self esteem

Learner Outcomes:

- Teachers will be able to recognize the various causes of low self esteem in their students
- Teachers will be able to identify the academic and social effects of low self esteem in their students

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Teachers will view the film The Blind Side for discussion in week 4
- Teachers will critically respond to peer posts on the various causes of low self esteem
- Teachers will discuss the causes of low self esteem in youth.
- Teachers will post their reactions to how the media influences self esteem in children.
- Teachers will share difficulties they have had with the victims of bullying and how it affects student self esteem.
- Teachers will reflect and share a story about a youngster who has suffered academic and/or social effects of low self esteem.
- Teachers will compare the causes of low self esteem they had as a teenager versus the causes of low self esteem in children today.



Week III

Topic(s):

Signs of low self esteem

- Consequences of low self esteem
- Eating disorder/distorted body image
- Drug/Alcohol Abuse
- Teen sex/Pregnancy
- Depression
- Suicide

Objectives:

- To recognize the signs of low self esteem
- To understand the consequences of low self esteem
- To understand how eating disorder can be the result of low self esteem
- To understand how drug and alcohol abuse can be the result of low self esteem
- To understand how teen sex/pregnancy can be the result of low self esteem
- To understand how depression can be the result of low self esteem
- To understand how suicide can be the result of low self esteem

Impact on Classroom Instruction:

- Teachers will recognize the signs off low self esteem in their classroom
- Teachers will understand how low self esteem causes risk behavior in their students

Learner Outcomes:

- Teachers will be able to identify symptoms of low self esteem in their students
- Teachers will be able to help prevent severe consequences of low self esteem by recognizing the signs and symptoms

Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- Teachers will view you-tube clips on depression and low self esteem and post their comments
- Teachers will view you-tube clips on eating disorders and low self esteem and post their comments
- Teachers will view you-tube clips on the consequences of low self esteem
- Teachers will critically respond to peer posts regarding the consequences of low self esteem
- Teachers will discuss the various signs/indicators of low self esteem in their students.
- Teachers will reflect on a story of a student who has engaged in a self abusive behavior as a result of low self esteem.



Week IV

Topic(s):

- Building self esteem in the classroom
- Outside Intervention
- Film Discussion on The Blind Side

Objectives:

- To understand how to implement self esteem building skills in the classroom
- To understand outside intervention resources for low self esteem and at risk behavior in children
- To discuss the film The Blind Side

Impact on Classroom Instruction:

- Teachers will create self esteem building activities to implement in their classroom
- Teachers will synthesize self esteem building skills in their classroom

Learner Outcomes:

- Teachers will be able to make the appropriate outside referral for students with low self esteem
- Teachers will be able to develop strategies to prevent low self esteem in their students

Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- Teachers will critically respond to peer postings on self esteem building in the classroom and outside intervention.
- Teachers will engage in a reflective exercise and summarize the dangerous effects of low self esteem and how it impacts their student's physical, social and academic well being, as well as offer suggestions on how they would handle knowledge of such a situation.
- Teachers will compare and share self esteem building strategies that they utilize in the classroom.
- Teachers will research and share various outside intervention resources for low esteem and at risk behavior in children.