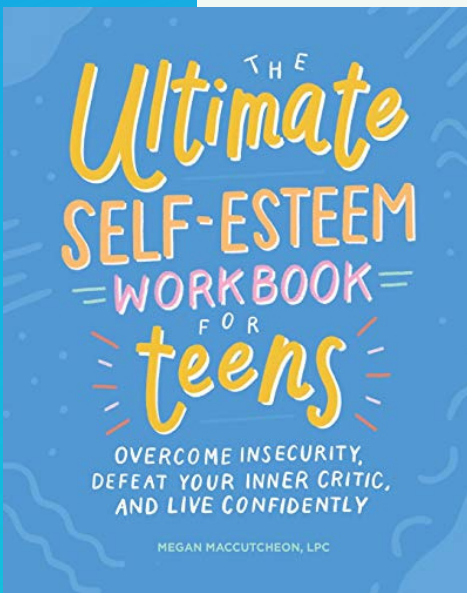


SELF-ESTEEM BOOSTER SYLLABUS

TIME:

MONDAYS: 5pm-6pm (ages 10-13)
6pm-7pm (ages 14-18)



Instructor:

Rebecca West, MA

Textbook:

The Ultimate Self-Esteem Workbook
for teens

Author: Megan MacCutcheon

Where to purchase:

Amazon: <https://amzn.to/3yxS7aj>

Price: \$12.19

Although students do not have to purchase the textbook, it is a great resource that students can look back at and reference throughout the class.

Class 1: Pre-test/Introduction of students/teacher

Class 2: Healthy vs. Unhealthy Self-Esteem

Class 3: The Self-Esteem Survey/Negative Self-Talk

Class 4: Creating Affirmations

Class 5: People Pleasing Problems

Class 6: Other Influences

Class 7: Identifying Stressors

Class 8: Understanding our Emotions

Class 9: Freeing yourself from shame/guilt

Class 10: Self-Esteem Discussion/Final

