

Maroon Outdoor Education Centre

Enhancing Self-Concept

Core Learning



Self concept is the way you think about yourself and consists of your thoughts and feelings about your strengths and weaknesses, your abilities and limitations and your hopes (DeVito, 2004)

We develop our self concept through the process of taking action and then **reflecting** on our behaviour and what others tell us about our behaviour.

There are different components of self-concept that are particular to different situations. These include:

- **Physical self-concept:** What you think about the way you look, your physical skills.
- **Social self-concept:** What you think about the way you relate to friends, family, classmates and teachers.
- **Academic self-concept:** What you think about your maths, science and verbal skills.

(Froude, 2007)

HOW TO ENHANCE YOUR SELF-CONCEPT

Here are some things you can do to protect, raise, or reinforce your self-concept:

How we treat ourselves and others

- Spend time with people who like you and care about you.
- Respect other people and treat them right.
- Ignore and stay away from people who put you down or treat you badly.
- Be your own best friend - treat yourself well.

The things we do

- Do things you are good at, that you enjoy, that make you feel good and are good for you.
- Develop your talents.
- Set goals and work to achieve them.
- Reward yourself for your successes.

The choices we make

- 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.

<http://www.goodcharacter.com/BCBC/SelfEsteem.html>

Essential Learning Alignment

Health and Physical Education (Years 7 & 9): H1; PD1; PD2; PD3