

1-Self esteem: Your opinion of yourself and your worth. In other words, your perception of your *value* as a person, particularly with regard to the work you do, your status, achievements, purpose in life, your perceived place in the social order, potential for success, strengths and weaknesses; how you relate to others and your ability to stand on your own feet.

So what exactly is self-esteem?

Esteem is a Latin verb from (aestimare) means to value.

- Self-esteem is a judgement of oneself, or an attitude toward the self.
- A feeling of pride in yourself.
- A feeling of having respect for yourself and your abilities.
- The value you see yourself having in the world.

2- Self confidence: The belief that you can achieve success and competence. In other words – believing yourself to be capable. Self-confidence might be in reference to specific tasks or amore wide ranging attitude you hold about your abilities in life.

3- Factors That Can Influence Self-Esteem

As you might imagine, there are a number of different factors that can influence self-esteem. **Genetic** factors that help shape overall personality can play a role, but it is often our **experiences** that form the basis for overall self-esteem. Those who consistently receive overly critical or negative assessments from caregivers, family members, and friends, for example, will likely experience problems with low self-esteem.

4- Self-Esteem Synonyms:

- Self-worth
- Self-respect
- Self-value

5- What is Low Self-Esteem?

Examples of early experiences that could lead to your thinking badly of yourself include:

- Systematic punishment, neglect or abuse
- Failing to meet parental standards
- Failing to meet peer-group standards
- Being on the receiving end of other people's stress or distress.
- The absence of affection or interest.

6- How to Boost Your Students Self-Esteem

- **Give him choices.** Making his own decisions boosts his confidence, but having too many decisions can be overwhelming, so do this judiciously.
- **Let him know you like him.** Does he seem to respond best to words of encouragement, a token of gratitude, or time alone with you? Figure out what makes him feel loved the most and make sure you show your love frequently.
- **Encourage communication.** Talking to him about what's going on in his life shows him he's a valuable, interesting person who is worthy of your time.
- **Be a good listener.** Even if you don't like what your student is telling you, try to remember how you felt when you were his age and respond how you would have wanted an adult to respond to you.
- **Support and encourage her strengths.** If he shows an aptitude for music, get him those guitar lessons he has been wanting.
- **Be kind.** Children, even more so than adults, do not respond well to anger, criticism and hostility. Choose your words carefully.

7- How Self-Esteem Affects Friendship

Ideally in a friendship, you and your pal both know your value and will treat each other with respect. If you have self-esteem issues, however, your friendship will be unbalanced. Low self-esteem can cause you to choose the wrong type of friends, avoid confrontation, or even to act clingy with new friends.

Signs of Low Self-Esteem in Friendships

Here are some indicators of low self-esteem specifically related to friendship.

- Choosing friends who put you down, take advantage of you, or make you feel bad about your accomplishments.
- A belief that you don't deserve good friends or will always have bad friends in your life.
- An inability to take compliments from people.
- Difficulty looking people in the eye when talking to them.
- Assuming that everything said in a conversation is an attack on you.
- Giving up on friendship in general, or losing enthusiasm about making new friends.
- A negative attitude toward life, or making constant negative statements to people. ("There aren't any good people left in the world." "If you make friends they will only hurt your feelings.")
- Clingy behavior when meeting a new friend or an inability to be alone.