**2 Case Studies for Self-Esteem**

Keeping in mind all that you have learned and the points made and discussed in class, create two different case studies to demonstrate your knowledge and understanding of different levels of self-esteem.

Write this as if the person was writing about themselves. So use “I”. It may sound like journal entries, and that is ok.

For each characteristic/attitude you write you need to provide an example/evidence in the person’s life.

Examples:

Case One: High Self-Esteem

|  |  |
| --- | --- |
| Characteristic/attitude | Evidence in a certain situation |
| I believe I am likeable | I’m enjoyable to be aroundTeachers like me; smile at me, laugh with me, talk to me outside of class about non-class stuffMost people are nice to me I make new friends easilyPeople in class chat with me even though we don’t hang around outside of class |

Case Two: Low Self-Esteem

|  |  |
| --- | --- |
| Characteristic/attitude | Evidence in a certain situation |
| I don’t deserve happiness | Even when something good happens to me I always think it won’t last and I really don’t appreciate it, so the feeling only lasts a few minutes. For example I got a higher mark than I expected on the test but figure it was just an easy test so everybody did better so I’m not going to get excited about it and feel good about it. |

High Self-Esteem

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 4+100-90 | 489-80 | 379-70 | 269-60 | 159-50 |
| **Knowledge**Demonstrates understanding of differences between self-esteem traits | 10+ examples | 10 examples | 8 examples | 4 examples | 2 examples |
| **Thinking**Comes up with true to life examples of evidence to support trait |  |  |  |  |  |
| **Application**Creates realistic case study |  |  |  |  |  |
| **Communication**SpellingGrammarClarityCover pageRubric included |  |  |  |  |  |

Low Self-Esteem

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
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