**LAURA: A CASE STUDY ON SELF-CONCEPT**

Laura is a rebellious and hostile sixteen year old. She is about fifteen pounds overweight and is quite short for her age. With three other children in her family, she is competing for the attention of her mother, who is a single parent. She gets the most attention from the family when she has been caught acting in a negative fashion-skipping school, smoking and drinking etc.

She has had a difficult time in school, beginning in grade one, where kids teased her about her weight. She finds Math and English very difficult and is failing these subjects. Her self-concept is very negative and she is currently dating a boy who is not always loyal and who sometimes “puts her down” in front of her friends.

**Task:** Using the information you have learned about enhancing self-concept, give examples illustrating some specific methods which may help Laura improve her self-concept. In your answer, give methods which could be used by:

**Laura’s Family:**

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**Laura’s Teacher:**

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**Laura’s Friends:**

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**Laura Herself:**

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**TECHNIQUES TO ENHANCE YOUR OWN SELF-CONCEPT**

**TASK: Using each of the points listed below, brainstorm specific examples as to how you could enhance your self-concept.**

1. Seek experiences you can handle

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2. Seek people/activities which make you feel confident and competent

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3. Work to strengthen your weaknesses

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4. Recognize that all people have limitations

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**Develop positive attitudes:**

a) Work to develop good feelings about yourself and your abilities

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b) Try to learn from experiences – pleasant or unpleasant

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c) Be willing to learn new skills and experiment with new ideas

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d) Develop a balanced perspective

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e) Think positively about others

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f) Treat others as you would like to be treated

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