

Throughout this unit, we have completed multiple worksheets to help you develop a better understanding of yourself:

**How Is Your Self-Esteem What I Like About Me**

**Discovering Who You Are Looking At Yourself**

**Laura: Case Study (back only) Do You Believe In Yourself?**

Based on the worksheets completed and self-analysis you have done, complete a reflection (minimum one FULL page) on the positives and negatives you have discovered about yourself. To generate ideas, think about the following:

* Discuss the positives you see in yourself and the positives that others see in you that you may not have been conscious of before.
* Discuss the negatives that you see in yourself – are there things you can do to change these negatives? (Think of yourself similarly to the case study we did in class)
* Do you often experience negative/damaging emotions? In what situations? Is there a way for you to avoid those situations or a way for you to control your negative emotions?
* What picture do you have of your own self-concept after completing this unit?

Consider each of the worksheets listed above to be a part of the planning process for your writing and use them to generate ideas. You can and should also refer to the Social Self Mask Activity although it does not have to be attached for hand in purposes.

**Once finished, staple and hand in the following:**

1. This marking sheet
2. Your written reflection
3. Each of the handouts listed above

**ALL ABOUT ME ESSAY:**

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| **DOES NOT MEET EXPECTATIONS/**  **CRITERIA established for this assignment** | **MINIMALLY MEETS**  **EXPECTATIONS/**  **CRITERIA**  **established for this assignment** | **PARTIALLY MEETS EXPECTATIONS/**  **CRITERIA**  **established for this assignment** | **FULLY MEETS EXPECTATIONS/**  **CRITERIA**  **established for this assignment** | **EXCEEDS**  **EXPECTATIONS/**  **CRITERIA**  **established for this assignment** |
| **NHI I**  **0-45%** | **C- C**  **55% 60%** | **C+ B-**  **70% 73%** | **B B+ A-**  **78% 82% 86%** | **A A+**  **92% 100%** |

**WORKSHEET COMPLETION:**

**(For quality, thoughtful completion of all 6 worksheets)**

**\_\_\_\_ How Is Your Self-Esteem?**

**\_\_\_\_ What I Like About Me**

**\_\_\_\_ Discovering Who You Are**

**\_\_\_\_ Looking At Yourself**

**\_\_\_\_ Laura: Case Study (back only)**

**\_\_\_\_ Do You Believe In Yourself?**

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