

### Course Overview

**Number of Units:** 5 Units

**Estimated time:** 3 - 5 weeks or 9 - 15 hours

**OALCF Levels:** A1.1-2, A3, E.1

**Suggested Milestones:** 1 or 2, 3 or 4, 14, 57

### Course Description

Healthy self-esteem is something that we work on over our lifetime. This course will help you develop ways to improve your self-esteem and maintain it through times of stress. Participation in online activities and discussions will help you practice new life skills. You will learn useful tips and strategies for success in life and work.

**Summary of activities:** Reading, Quizzes, Journals and Online Forums.

### Unit 1: What is Self Esteem?

In this unit you will learn what self-esteem is and why it is important in our everyday lives. You will participate in some reflection exercises to identify areas that you would like to work on during this course.

### Unit 2: Factors that Affect Self Esteem

In this unit you will review some life factors or situations that can impact your self-esteem and how they can impact how you feel during times of loss. You will set some self-esteem goals and start your reflection journal.

# Syllabus

## Maintaining Healthy Self- Esteem (Part 1)



### Unit 3: Think Positively

In this unit you will learn about the self-talk technique and some strategies to replace negative thoughts with positive ones.

### Unit 4: The ABCs of Self Esteem

In this unit you will learn how your abilities, ways of being and confidence can influence your self-esteem. You will discover ways to strengthen these areas to stay positive.

### Unit 5: It's All in How You Look at It

In this unit you will learn about “perspective” and how it can change the way you act or problem solve in different situations. Strategies for keeping your self-esteem high and having a positive attitude will be shared.