

TEACHER BACKGROUND INFORMATION

SELF-CONCEPT: SELF-ESTEEM AND SELF-IMAGE

Self-concept is a combination of two major components--self-esteem and self-image. Self-esteem is the way we think or feel about ourselves, and self-image is the way we perceive ourselves physically. Both components are very important factors in forming our total self-concept.

Establish the following vocabulary terms with the students:

Self-Concept:	The way you perceive yourself; the whole picture; changes slowly.
Self-Esteem:	The way you think or feel about yourself; fluctuates moment to moment.
High Self-Esteem:	Feeling positively about yourself, your actions and your future.
Low Self-Esteem:	Feeling negatively about yourself, your actions and your future.

The teacher can use the following graphic to illustrate self-concept and its components, self-esteem and self-image. It could be enlarged and put on an overhead transparency if desired.

