

## **LEARNING OBJECTIVES**

1. What to do to prepare for a student's first job.
2. How to raise self-esteem.
3. How to raise self-confidence.
4. Keys to overcoming nervousness.
5. How to get help.

## **DISCUSSION TOPICS**

1. How can the student improve his or her self image before applying for a job?
2. Who can the student talk to about low self-esteem or self-confidence?
3. What makes the student nervous or shy?
4. How does the student set goals and fulfill them?
5. What does it mean to have a high self-esteem and to be self confident?
6. What are the students strengths and weaknesses?
7. How are eye contact, speaking clearly, posture, and attitude important to exude self-confidence?

## **INTENDED AUDIENCE**

This program is designed for use with a general school audience, grades 7 - 12.

## **PRESENTING THE PROGRAM**

To prepare a lesson plan for the presentation of each program, review the suggested outline below:

1. Before students view the program: Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.
2. Students view the program: The first viewing, if possible should be uninterrupted.
3. After the first viewing: Elicit discussion of what the students have seen and heard. The next viewing will be enriched by this general discussion.
4. Second viewing: The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding: a. what is happening in a visual; b. major concepts.
5. Post activities and discussion: Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

## Other Titles This Series

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- L901 Overcoming Prejudice & Discrimination Through Multi-Culturalism
- L902 The Greatness Of Africa
- L903 The Splendor Of Ancient Egypt
- L904 African Contributions To U.S. History
- L905 African Influences On Early Europe
- L906 Africans Shaping The U.S. West
- L907 The Great Native American Civilizations
- L908 Self-Esteem For Native American Students
- L909 Native American History
- L910 The Great Civilizations Of South And Central America
- L911 Latino Influence On The United States
- L910 Latino Influence On The United States
- L912 Self-Esteem For Latino Students
- L913 The History Of Mexico
- L914 Raising Self-Esteem For African-American Students
- L915 Drug And Alcohol Awareness
- L916 Finding The Right Part-Time Job For You
- L917 The Multi-Cultural History Of The United States  
Part One: Pre-History Through 1699
- L918 The Multi-Cultural History Of The United States  
Part Two: 1700 Through 1849
- L919 The Multi-Cultural History Of The United States  
Part Three: 1850 Through Present
- L920 Healthy Lifestyles: A Guide For Living
- L921 The Founding Fathers Of The United States
- L922 Survival Tips For Teens From Dysfunctional Families
- L923 The Truth About Slavery In History
- L924 Overcoming Intolerance In A Multi-cultural Classroom
- L925 Basic Skills: The Key To Getting Hired
- L926 Self-Esteem And Your First Job
- L927 Money Management
- L928 Your First Job Interview
- L929 The Student Guide To The Multi-cultural Classroom
- L930 Planning Your Career
- L931 Your First Resumé
- L932 The Multi-cultural World You're About To Enter
- L933 Getting And Keeping Your First Job
- L934 U.S. Immigrants: A Multi-Cultural Journey
- L935 Resisting Peer Pressure
- L936 AIDS: The Teen Guide To Living
- L937 Gangs: The Tough Decision To Stay Out
- L938 Native American Influence On The U.S.

# SELF-ESTEEM & YOUR FIRST JOB

## TEACHER'S GUIDE

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Part #: L926

## INTRODUCTION

This program will give the student tips and suggestions on how to raise his or her self-esteem and how to develop self-confidence, and why it is so important in the workplace. It will show the student how to overcome nervousness, and where to get help if he or she is having difficulties with his or her self-esteem.



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