Advisory Lesson December 17 - 21

Topic:  Self-Esteem and Confidence

Procedure:

1. Share the following article with students:  <https://www.psychologytoday.com/us/blog/hide-and-seek/201205/building-confidence-and-self-esteem>.  The article provides 17 simple suggestions for building confidence and self-esteem.
2. Watch the following video:  <https://ed.ted.com/on/pQlBNtyt#watch>  (Meet Yourself:  A User's Guilde to Building Self-Esteem). The video is approximately 9 minutes.
3. If desired, follow the prompt given at the end of the video.  Write 10 things about yourself that you admire.