

**LEARNING MATERIALS
COURSE: B.Ed.**

PAPER CODE: B.Ed.-4. EPC4

PAPER NAME: UNDERSTANDING THE SELF

UNIT: ENGAGEMENT WITH FIELD/PRACTICUM

SEMESTER: FOURTH (SPRING)



PREPARED BY:



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INSTRUCTIONS FOR THE STUDENTS:

Students are hereby asked to prepare their practicum for the Course B.Ed.EPC-4, Understanding the Self. On the Topic: DEVELOPMENT OF SELF-ESTEEM, on the following modified format and considering the points whatever already discussed/given in the class before Lockdown. For any more queries or any doubts, in the next interactive class or any time you may ask me over mobile, WhatsApp, twitter or email; even with the help of **three Mentors, 1. Sharba Shahid , 8961429905 2.Md Nazmul Arefin, 9836246775 & 3. S.K. Shaniaj, 8250155397** are selected as Mentors for this paper, you may ask them also. These three Mentors will coordinate and help to communicate in between me and you, even they can help you to clarify any doubt. I have introduced Mentor system for smooth communication and to minimize gap, so that as a teacher I can reach to the latest person.

This is the modified format, I request you all to go through this format and next day during Live Interactive Session i.e. on 13.5.2020, Wednesday at 10.45am to 12.00noon, you may ask me more and more questions to make the grand interactive session.

This format is just an example for you. Students have to write their Practicum on the topic, **DEVELOPMENT OF SELF-ESTEEM** covering various aspects of the theme.

FRONT PAGE (Students are hereby asked to prepare their front page according to the Topic, here just an example to follow but not for coping)

DEVELOPMENT OF SELF-ESTEEM

Prepared by:

Supervisor:

Roll no:

Dr.Jakir Hussain Laskar

Session:

Department of Education, Aliah University.

For Partial fulfilment of 2 year B.Ed. Degree, under Department of Education, Aliah University, Kolkata.

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**DEPARTMENT OF EDUCATION. ALIAH UNIVERSITY, PARK CIRCUS
CAMPUS. KOLKATA-700014.**

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1.0 INTRODUCTION

1.1. CONCEPT/MEANING & DEFINATION OF SELF-ESTEEM & ITS RELEVANCE.

STUDENTS ARE HEREBY ASKED TO WRITE AND DESCRIBE THE ABOVE POINTS....AT LEAST 2 PAGES

1.2. OBJECTIVES OF THE STUDY/PRACTICUM

This paper contain the following objectives:

- i. To explain concept, meaning & definition of self-esteem,
- ii. To describe the importance & relevance of self-esteem among the students as well as people,
- iii. To illustrate with examples the characteristics of people with high/low esteem,
- iv. To describe for building/ development/nurturing of self-esteem,
- v. To analyse a case study of a boy/girl of class..... describing his/her high/low self-esteem behaviour. &
- vi. To describe the role of stake holder for building/developing/nurturing self-esteem.

1.3. IMPORTANCE & RELEVANCE OF SELF-ESTEEM AMONG THE STUDENS AS WELL AS PEOPLE

Students are hereby asked to describe the above points

1.4 CHARACTERISTICS OF PEOPLE WITH HIGH SELF-ESTEEM

Following are the characteristics of people with high self-esteem:

- i. Self confident. ii. Worth of living, iii. Accept themselves unconditionally, iv. Seek-continuous self-improvement, v. Have peace within themselves, vi. Enjoy good interpersonal relationships, vii. Assume responsibility for their own lives, viii. Tolerate frustrations well, ix. Assertive, x. Outgoing, xi. Willing to take calculated risks, xii. Loving and Lovable, xiii. Self-directed

Students are hereby asked to describe the above points or else other points

1.5. CHARACTERISTICS OF PEOPLE WITH LOW SELF-ESTEEM

Following are the characteristics of people with low self-esteem:

- i. Poor risk taker, ii. Afraid of competitions or challenges, iii. Sarcastic, iv. Non-assertive, v. Lack initiative, vi. Pessimistic, vii. Shy, viii. Indecisive, ix. Lack of self-acceptance, x. Feel-unlovable, xi. Blame others for their short-comings, xii. Low aspirations etc.

Students are hereby asked to describe the above points or else other points

1.6. BUILDING/DEVELOPING/ NURTURING OF SELF-ESTEEM

Following are the tips for building or nurturing self-esteem:

- i. Identify with people, books, videos, television shows, etc. that build your self-esteem,
- ii. Build others- give sincere compliments often,
- iii. Think positively,
- iv. Set and achieve goals,
- v. Look your best to feel your best,
- vi. Eat correctly,
- vii. Do something for someone else! Random acts of kindness.

Students are hereby asked to describe the above points or else other points

1.7. PRESENTATION & ANALYSIS OF A CASE STUDY OF A BOY/GIRL OF CLASS.....DESCRIBING HIS/HER HIGH/LOW ESTEEM BEHAVIOUR.

INSTRUCTIONS: Students are hereby asked to COLLECT data first from a sample ie a boy/girl of above 20 years old of class... by using the QUESTIONNAIRE and analyse according to the following points,

i. Introduction:

Self esteem is the opinion we have of ourselves and our perception on our value as a person. It is a psychological term which is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring.

Self-confidence is the foundation of self-esteem. If we feel secure with our family, if we feel loved and our needs are met, our self-esteem develops. That's when we try to take our place and dare to try new things and new experiences. For example, when we learn to walk, we fall down the first few times, but with encouragement, we develop own confidence and try again.

Self-confidence is the belief that we can handle a certain situation correctly. So, self-confidence is the necessary skills in order to successfully complete a task. Self-confidence is never inherited, it's learned. Self-confidence is not a general trait but instead we have different confidence levels for all the different activities we do. For example, we may be confident about our ability to drive a car but at the same time dread public speaking. Self-confidence is not constant with time; it may change to the better or worse because of the new events that happen in our life.

STUDENT PLZ ADD, importance of self esteem and its important characteristic like SELF CONFIDENT , its meaning and characteristics importance and relevance to be elaborated also.

- ii. Review of related Literature at least 5,
- iii. Significance of conducting this CASE/STUDY on THE CHARACTERISTICS OF SELF CONFIDENCE,
- iv. **OBJECTIVE OF THE CASE STUDY:** Objective is to measure high and low self esteem behaviour of a boy/girl
- v. **SCOPE AND DELIMITATIONS:** Only one sample is considered to measure his/her high/low behaviour of self confidence behaviour of self esteem. Due to shortage of time and situational constraints it is decided to measure only one characteristics of self esteem i.e. to measure level of self-confidence of a boy/girl.

vi. METHODS OF THE STUDY

The following are the components under method of study:

- a. It is a Case study method.
- b. Sample of one boy/girl of above 20 years is considered in the present study.
- c. Tool used: A Self made questionnaire, QUESTIONNAIRE ON ASSESSMENT OF SELF CONFIDENCE CHARACTERISTICS (QASCC), prepared under the guidance of Dr. Jakir Hussain Laskar is being used, to measure self-confidence characteristic. It has five items in a three point scale, ie (a) High behaviour contain 3, (b) Average behaviour contain 2 and (c) Low self esteem contain 1 mark.
- d. Graphical interpretation of High and Low Self Confidence characteristics of self esteem and its analysis is being used.
- e. Remedial suggestions:.....
- f. Recommendations & conclusion:.....

1.8. ROLE OF THE STAKE HOLDERS FOR BUILDING/DEVELOPMENT/NURTURING SELF-ESTEEM.

Students are hereby asked to describe the above points.

1.9. RCOMMENDATIONS AND CONCLUSION

Students are hereby asked to describe the above points or else other points

REFERENCE

Students are hereby asked to write the References in Latest APA Style.

APPENDIX

QUESTIONNAIRE ON ASSESSMENT OF SELF CONFIDENCE CHARACTERISTICS (QASCC)

Prepared By:-

Dr. Jakir Hussain Laskar, &

Mr/Miss/ Mrs.....

B.Ed. 4th Semester Student, session. 2018-20,

Department of Education, Aliah University.

INSTRUCTIONS FOR THE INVESTIGATOR:

There are three types of reply for each item. Reply (a) Contain 3 marks, it is high self esteem, (b) contain 2 marks, it is average behaviour, and (c) contain 1 mark, is a low level self esteem. There is no right or wrong answer. It is an opinion of the person to measure level of confidence. It is only for educational purposes. You may ensure to participant that his opinion or data will keep secret, high confidentiality will maintain and it is relevant only for academic purposes.

ABOUT THE TOOL

Self esteem is a psychological characteristics of a person, it is trait related to environment. which is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring.

Self-confidence is the foundation of self-esteem. If we feel secure with our family, if we feel loved and our needs are met, our self-esteem develops. That's when we try to take our place and dare to try new things and new experiences. For example, when we learn to walk, we fall down the first few times, but with encouragement, we develop own confidence and try again.

Self-confidence is the belief that we can handle a certain situation correctly. So, self-confidence is the necessary skills in order to successfully complete a task. Self-confidence is never inherited, it's learned. Self-confidence is not a general trait but instead we have different confidence levels for all the different activities we do. For example, we may be confident about our ability to drive a car but at the same time dread public speaking. Self-confidence is not constant with time;

it may change to the better or worse because of the new events that happen in our life.

PERSONAL INFORMATION OF THE PARTICIPANT SAMPLE:

NAME OF THE PARTICIPANT:

AGE: GENDER: BOY/GIRL.

CLASS: RESIDENCE: RURAL/URBAN/SEMI URBAN

SCHOOL IS IN: RURAL AREA/URBAN/SEMI URBAN AREA

NAME OF FATHER'S OCCUPATION:.....

Items:

- i. When you are engage to accomplish any work, then you are not sure about the result:
 - a. Always sure,
 - b. Never sure but never hesitate,
 - c. Always under hesitation.
- ii. When you are fail/un-success in any work, you never feel disappointment:
 - a. Never Disappoint(plan to rectify yourself for retry),
 - b. It seems not to show more interest again,
 - c. Feel disappointment and want to leave the task.
- iii. You always encourage spontaneously to face risk taking work which is very important for you:
 - a. Spontaneously ready to work under risk taking condition,
 - b. Some time willing to work under risk taking condition,
 - c. Rarely willing to work under risk taking condition.
- iv. Due to fear of criticism you are always not ready or no confidence to do any work:
 - a. Always ignore criticism with laugh and go ahead for work,
 - b. Fear of criticism but half heartedly try to do,
 - c. Due to fear of criticism totally try to avoid to do any work.
- v. You have always doubt about your ability to handle any new situations:

- a. Doubt but yet confidently try to handle the situations correctly,
- b. Doubt creates hindrance to handle the situations correctly,
- c. Doubt to handle correctly and feel more anxious.

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