

Emotional Wellness Masterclass for Teenagers
Bridge House College, Ikoyi
February 3, 2020

STRENGTHENING YOUR SELF-CONCEPT

Case Study: Positive Self-Concept

Timi is not a great student. He gets mostly Bs and Cs, even when he spends a great deal of time studying. He didn't get a great score on his exams last semester, and he's an average reader, a struggling writer, and nobody's idea of a genius.

Even though Timi wishes he had better grades, he still feels pretty good about himself. He knows that grades aren't everything and that he's just as valuable a person as his straight-A friends. Timi has a high sense of his self-worth and a realistic view of himself and his abilities.

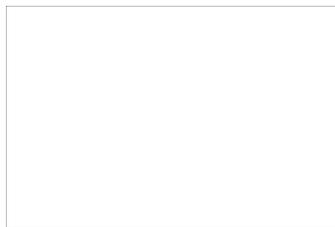
A. Strength Finder Test

1. What are 10 strengths you can think of right away? Check the index for pointers.
2. List out 5 achievements you are proud of.
3. What are 5 things you are proud of in your life? What do you like about yourself?
4. List 5 things that you are good at. That is, what do you do better than others?
5. What do you enjoy or love doing? (we usually enjoy what we're good at)
6. What small things do you do that you find extremely satisfying? What strengths could this point to? (E.g. organizing a party, helping people feel welcome, remembering to buy cards/gifts).

1.
2.
3.
4.
5.
6.

B. Self Portrait

Think of a symbol that you think represents you. This could be anything —an animal, object or other representation that you think defines and describes you. Draw it in the box below.



List some of the qualities or characteristics that the symbol represents for you.

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C. “Me” Commercial

Make a two-minute commercial about yourself. The commercial should focus on your special skills, talents, and positive qualities. It should highlight what is great about you and what you bring to the table.

Take Home Assignments

A. Strength Finder Test

Ask your 4 of your closest friends and relatives to help you complete 1 - 5 on the strength finder test.

B. “Highlighting the Positive” Exercise

Highlighting the positive is all about noticing and sharing the positive things about others (and themselves). To try this activity, gather about four to six of your friends. Pick one person (to start with) and all of you tell that person all the positive things about them. Focus on traits and skills that can be altered (e.g., work ethic, skill in soccer), rather than permanent features (e.g., eyes, skin).

One person should act as a recorder or videographer, writing down or recording all the positive things that are said about someone. Each member of the group takes a turn, and the recorder gives the individual the list of all the positive things said about them at the end of the activity.

Index: Examples of Strengths

- Articulate
- Appreciation of beauty
- Commitment and Loyalty
- Charismatic
- Compassion
- Curiosity
- Energetic
- Fairness
- Forgiveness
- Gratitude
- Humility
- Humor
- Ingenuity
- Kindness
- Leadership
- Integrity
- Judgment
- Love of learning
- Loving and being loved
- Objective
- Optimism
- Perseverance
- Perspective
- Proactive
- Prudence
- Reliable
- Resilience
- Responsible
- Self-confidence
- Self-Control
- Sense of Direction
- Sincere
- Social intelligence
- Spirituality
- Team Player
- Thorough
- Thoughtful
- Valor
- Versatile
- Well-rounded
- Willingness
- Zest

DEVELOPING RESILIENCE

Case Study

Ali and Simbi, two secondary school graduates, failed their A Level Examinations and were subsequently unable to go on to university like the rest of their classmates. Both went into a tailspin: They were sad, listless, indecisive, and anxious about the future. For Ali, the mood was transient. After two weeks he told himself, "It's time to snap out of this; this was just the first time of writing those exams and the fact that you failed doesn't mean you are a failure." He spoke to his parents, promised to do better and immediately started reading with the intention to write the examinations again the following year.

Simbi, by contrast, spiraled into hopelessness: "I failed because I am really stupid," she thought. "I'm not cut out for school stuff. Everybody should really leave me alone and stop asking me what I want to do next because I don't care." Even as the admission process for other universities within and outside the country opened, she couldn't bring herself to do anything, no matter what her parents told her.

Ali and Simbi stand at opposite ends of the continuum of reactions to failure. The Alis of the world bounce back after a rough patch; within a year they've grown because of the experience. The Simbis go from sadness to depression to a paralyzing fear of the future. Yet failure is a nearly inevitable part of work; and along with dashed romance, it is one of life's most common traumas.

People like Simbi are almost certain to find their progress hindered, and even in the workplace, companies full of such employees are doomed in hard times. It is people like Ali who rise to the top, and whom organizations love to recruit and retain in order to succeed.

Test: Brief Resilience Scale

Take this brief test to measure your resilience.

Respond to each statement below by circling one answer per row.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me long to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

Scoring: Add the value (1-5) of your responses for all six items, creating a range from 6-30. Divide the sum by the total number of questions answered (6) for your final score.

Total score: _____ / 6

My score: _____ (average)

Interpretation

1.00-2.99 – Low resilience

3.00-4.30 – Normal resilience

4.31-5.00 – High resilience

Discussion Questions

- Which of the seven resilience skills is your strongest? Which do you think is your weakest?
- Can you think of an adverse situation where resilience has or would have helped you cope better?
- List any three strategies for developing resilience that you are committed to practicing.
- Tell of a time you learned an important life lesson from going through a hard time.
- What did you learn about yourself when you went through a rough time?

Take Home Assignments

Visit www.optionb.org/stories to read people's stories about resilience.

Gratitude Journal

Keep a gratitude journal about the things you are grateful for everyday in the coming week. Use the following prompts as a starting point and feel free to add yours:

- Someone I can always rely on.
- A fun experience I had today.
- The best part about today.
- Something beautiful I saw.
- An unexpected good thing that happened today.
- A reason to be excited for the future.
- An act of kindness I witness or received.
- A lesson I learned today.