Self Esteem Pre-/Post-Test

1. **What is self-esteem?**
	1. A self-assessment, in other words, it is a set of perceptions, thoughts and feelings about ourselves which will determine our way of behaving and relating with others
	2. How others perceive our confidence and self-worth through our actions towards them
	3. Something that we are born with that we cannot change
	4. None of the above
2. **What are some characterizations of high self-esteem?**
	1. Someone who has a very high position at their company
	2. Someone who has the strength to express themselves through their emotions
	3. Someone who has compassion for themselves
	4. B & C
3. **What are some characteristics of someone with low self-esteem**
	1. Someone who has pessimistic towards life
	2. Someone who is less empathetic
	3. Someone who has difficulty accepting themselves
	4. All of the above
4. **How is self esteem developed?**
	1. Beginning when someone is an adult
	2. Beginning when someone is a teenager
	3. Beginning when someone is a child
	4. Beginning when someone is elderly
5. **How do you know a child has developed their self esteem?**
	1. They feel respected
	2. They feel withdrawn
	3. They act independently
	4. A & C
6. **Why does self-esteem matter?**
	1. It only matters when someone is a child, thus it is only important during childhood development
	2. Self-esteem begins in childhood and becomes a habit that takes place over the course of someone’s life
	3. It only matters when someone is an adult, regardless of childhood development
	4. None of the above
7. **What are some strategies for promoting self esteem in children?**
	1. Taking their emotions seriously
	2. Allowing them to make their own decisions
	3. Being an example to children that failure is okay
	4. All of the above
8. **What is not a good strategy for promoting self esteem in children?**
	1. Listening to children when they are emotional
	2. Giving them candy when they behave badly
	3. Positive reinforcement when they behave well
	4. Giving them the tools to solve their problems
9. **Who are important people to foster childhood self esteem?**
	1. Parents
	2. Teachers
	3. Siblings
	4. All of the above

Answer Key:

1. A
2. B
3. D
4. C
5. D
6. B
7. D
8. B
9. D