

Self-esteem very important

By H. Koltun

Mental Health and You is provided as a service of the North of Superior Programs (formerly the North of Superior Community Mental Health Program).

The purpose of these articles is to inform the community about mental health issues. These articles will appear once every two weeks and they will cover a variety of mental health issues.

We invite feedback from the community at large by writing the News office.

Any opinions expressed are not necessarily those of the management of the North of Superior Programs.

Quiz on Self-esteem

Before you read this article on self-esteem, please take five minutes to get an idea of what you think about yourself, most of the time.

When you circle the following answers, try to answer them honestly:

- | | | | |
|--|--------|---|--------|
| Are you easily hurt by criticism? | Yes No | Do you value your closest relationship? | Yes No |
| Are you shy or overly-aggressive? | Yes No | Do you accept constructive criticism? | Yes No |
| Do you try to hide your feelings from others? | Yes No | Are you able to laugh at (and learn from) your mistakes? | Yes No |
| Do you fear close relationships? | Yes No | Are you at ease when meeting new people? | Yes No |
| Do you try to blame your mistakes on others? | Yes No | Are you honest and open about your feelings? | Yes No |
| Do you find excuses for refusing to change? | Yes No | Are you confident about your physical appearance? | Yes No |
| Do you try to avoid new situations? | Yes No | Do you look for and tackle new challenges? | Yes No |
| Do you continually wish you could change your physical appearance? | Yes No | Do you notice and accept changes in yourself as they occur? | Yes No |
| Are you too modest about your personal successes? | Yes No | Are you happy for others when they do well? | Yes No |
| Are you glad when others fail? | Yes No | Do you give yourself credit when credit is due? | Yes No |

If you answered most of these questions on the left side "yes", your self-esteem could probably use some improvement.

If you answered most of these questions on the right side "yes", you probably have a healthy opinion of yourself.

Remember, whatever your level of self-esteem is now, you can take positive steps to improve it!

(From: What you should know about Self-esteem, Channing L. Bete., Co., Ltd., 1987).

"Learning to love yourself is the greatest love of all" - George Benson/ Whitney Houston

One of the most popular ideas in psychology is self-esteem. There are literally thousands of books written on this subject.

But what is "self-esteem?" It can be defined as your self-image or the way you feel about yourself. Sometimes people use the phrase "self-confidence" instead of self-esteem.

Although they are related to each other, the two phrases are not exactly the same. Your self-esteem provides a more clear picture of yourself than self-confidence does.

It is possible to have a high opinion of oneself (high self-esteem) or a negative opinion of oneself (a lower self-esteem). Based on how you feel about yourself, you can either feel effective, productive, capable (high self-esteem) or you can feel ineffective, worthless and incompetent (low self-esteem).

If you are feeling down on yourself, it might be a good time to find out why you feel this way.

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Distance Education Announced

This fall Lakehead University will begin offering courses by distance delivery in the Bachelor of Arts, General Program.

The university is responding to the needs of individuals in the region who wish to pursue university studies but can only do so "at home".

A post-RN, Bachelor of Science in Nursing, is also under development for delivery in Spring 1988.

Courses will be sent directly to students in course packages that will include audio, video and print material.

Communication between students and lakehead faculty will be enhanced by audio tele-conferencing and telephone tutorials. Students will have access to the technological facilities of the Northern Ontario Distance Education Network.

This network, funded by the provincial government, is currently establishing nine "Access Sites" or learning centres in communities across Northwestern Ontario.

Lakehead's Distance Education students will be supported by services similar to on-campus students: students' advisory services; counselling; study skills seminars and library support.

August 15 is the deadline for registration for Fall courses. Applications and further information may be obtained from:

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*AC 104	Accounting	75 hrs.	\$93.75
*AC 204	Fundamental Acct. Principles	75 hrs.	\$93.75
BC 301	Bookkeeping	75 hrs.	\$93.75
GS 114	Conversational French	45 hrs.	\$56.25
GS 115	Conversational French	45 hrs.	\$56.25
GS 129	Conversational French	45 hrs.	\$56.25
*PY 101	Psychology	15 hrs.	\$56.25
IR 103	Introduction Personnel and Industrial Relations	60 hrs.	\$75.00
CS 101	Basic Communications	45 hrs.	\$56.25

Courses marked with (*) may be offered by outreach (watch for a complete listing!)

NON-POST-SECONDARY COURSES:

ZA 529	Anglais comme langue seconde (English as Second Language)	45 hrs.	+
ZA 335	Computer Orientation	20 hrs.	\$25.00
RT 100	Heating I	51 hrs.	+
RT 120	Electricity I	68 hrs.	+
SA 808	Small Motors	48 hrs.	\$56.25

(+ Fees not set at this time)

Fees do not include the cost of materials. All courses may be offered if there are ten or more registrants per course and if an instructor is available. Please register at the Terrace Bay or Recreation office. For more information, contact David Zub at 1-800-465-3364

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