

Education

Teaching program boosts students' self esteem

"I can't do it!" ... "I don't want to!" ... These are cries that teachers hear all too often. They hear it from students who are afraid to fail, afraid to make a mistake, and so they choose not to

try at all. But in school, learning comes from taking a risk from trying ... so these students often fall into a cycle of not trying and failing not trying and failing again.

The Canadian Mental Health Association, Ontario Division has been helping teachers help students to overcome the fear associated with making a mistake through a program that increases their self esteem. Entitled Living Colour, this educational resource has been used in over 4,000 classrooms in Ontario since 1989, for students in pre-school through to Grade 6. As one of the very few such Canadian resources, it is valued by educators across Canada as a tool which helps teachers reduce the social, emotional, learning and behav-

ioral problems associated with low self-esteem; thus, increasing the students' ability to learn.

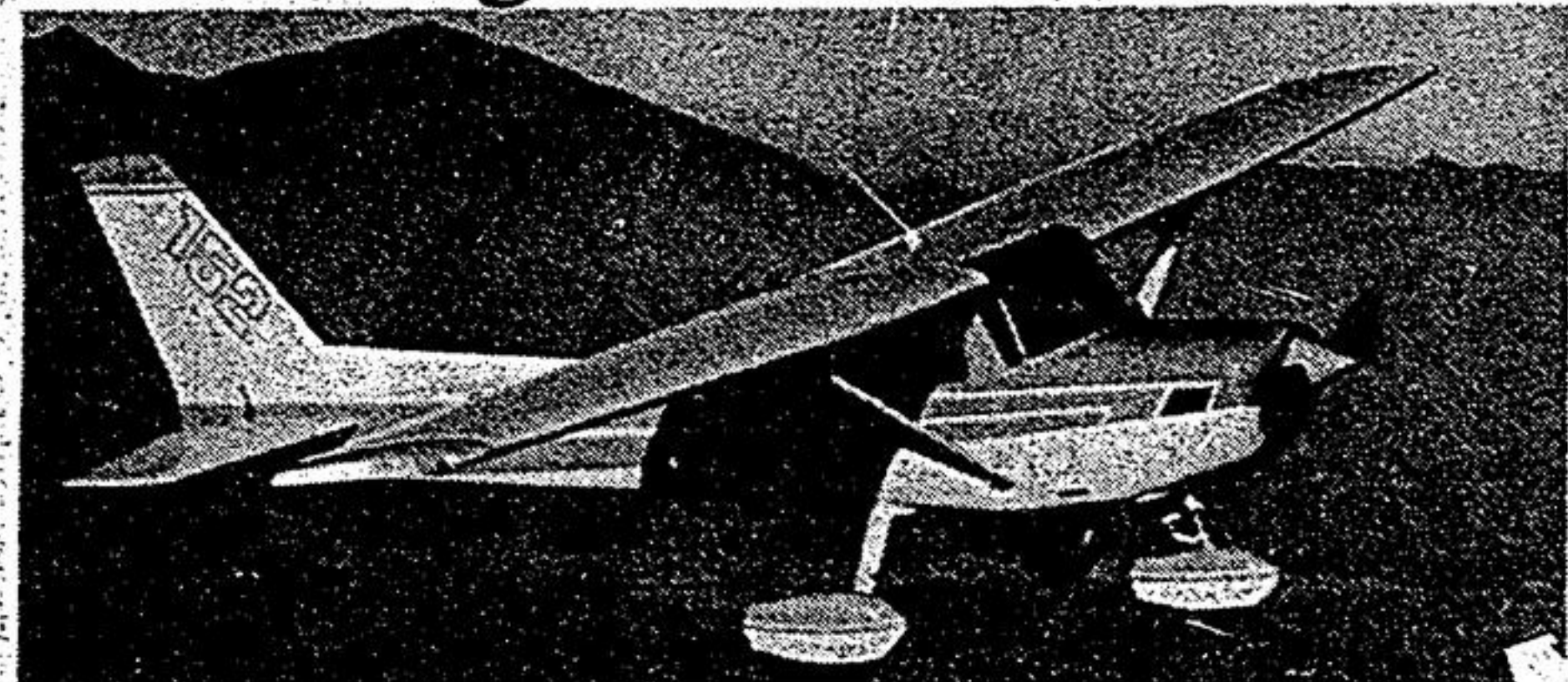
Their comments include: "My class thoroughly enjoyed working through the unit. We used role plays, whole groups, small groups and mid sized group activities. Many fears and beliefs were brought into the open - role playing really brought out the best in them. Comments found them "wishing" (can you believe this!) that they could come in Saturday!"

Now, the CMHA, in response to many requests, is introducing the last in the series of educational resources in this area for students in Grades 8-OAC.

The S.E.L.F. Program is built on the same principles as Living Colour and is welcomed by educators because its premise is sound, it is easy to use, it is original Canadian material, and it is designed to support Ontario Ministry of Education curriculum guidelines.

The program is available to schools now and can be attained by contacting the local Branch of the Canadian Mental Health Association.

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