

GEK1064 Tutorial 2 (Sem 2, AY2014-15)

We use the word “self-esteem” so often in our daily discourse that the term can mean everything (or nothing -- my feeble attempt to be profound).

In this tutorial, we will try to achieve a better understanding of what high self-esteem is, and how self-esteem is boosted. Thus this is what I like you to prepare for class:

- 1) **Go to the public library to look for a children’s book that aims to inculcate a high self-esteem through its story.** Please note that I would like you to look for a picture book for young children (preferably not too wordy because you are going to share the story). You SHOULD NOT look for a self-help book that teaches children how to improve self-esteem. Bring the book to class and tell us how the book tries to raise a child’s self-esteem through its story and/or message. You may want to scan some of the pages and put them on Powerpoint if you think it is quite difficult for the class to see what you are holding in your hands.
- 2) By thinking about how self-esteem is eroded, it may give us some insights on how self-esteem can be boosted. Therefore I like you to also think about **how low self-esteem comes about**.
 - *Think of someone whom you know who has a low self-esteem. How could you tell that the person has a low self-esteem?*
 - *How does one end up having a low self-esteem? Can you share real-life examples of what happened to you or to another person whose self-esteem is affected adversely due to certain experience? (note: it may be easier to think of another person instead of yourself because we are sometimes blind to our own encounters and experience)*
- 3) To provide a context for our discussion of Q2, also read the following online article:

Chua, A. (2011, January 8). Why Chinese mothers are superior. The Wall Street Journal. (this is an excerpt of Amy Chua’s book titled “Battle Hymn of the Tiger Mother” published in 2011, [click here to read the excerpt](#))

Ponder the questions below, we will share our thoughts and experiences as a class during tutorial.

- *What do you think of Amy Chua’s parenting style?*
- *Based on your own experience (if relevant), do you think her parenting style will adversely affect her children’s self-esteem?*