### Define Yourself

**Unit:** Personal Development  
**Topic:** Self-Esteem  
**Level:** ESL 7-9; ABE/ASE  

**Objectives:**  
- To recognize different elements of self-esteem  
- To assess oneself

**Length of Session:** 60 minutes

**EFF Standards:**  
- Convey Ideas in Writing  
- Language Arts Standards: **W1-Use prewriting strategies to generate and organize ideas**  
- **W4-Edit and revise for word choice, organization, and consistent point of view and transitions**  
- **Vocabulary Introduced:** The adjectives in the ABC’s Sheet

**SCANS/EFF Common Activities**

**INTO**  
- Materials

**THROUGH**

**EVALUATION**

**CLOSE**

<table>
<thead>
<tr>
<th>SCANS-Responsibility</th>
<th>EFF-Work in Teams</th>
<th>EFF-Create Creative Thinking</th>
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**CLOSE:**  
- Samples of the SS acronym. Ask student volunteers to read out loud their own acronym or with permission their partner’s acronym.

**BEYOND**

**CLOSURE**

- Have student volunteers read out loud their own acronym or with permission their partner’s acronym.

**GUIDED PRACTICE**

- SCANS-Creative Activities

**PRESENTATION**

- SCANS-Responsibility

**PRESIDENT ACT**

- EFF Standards: Convey Ideas in Writing

**THROUGH**

- Materials

**INTO**

- EFF Standards: Convey Ideas in Writing

**CLOSE**

- EFF Standards: Convey Ideas in Writing