

Grade 7 Life Orientation Worksheet

Low self-esteem

Read this blog excerpt, taken from <http://www.mediumselfesteem.blogspot.com>

And so that was it.

Michael Jackson died from what was effectively an overdose. I cannot understand why some people seem so surprised. It was never going to end well, was it?

But I think his predicament was more complicated than I liked to believe. When you are the factory, the salesman and also the product it's a pressurised position. Everything depends on you. At the age of six this is hard to imagine. I could barely write my name at the age of six, never mind be the central figure in a huge money-making organisation. For Jackson, this all happened before he had the chance to develop a personality and maybe this was why he never had the strength to stop the carousel and get off. And if all the stories and the evidence are to be believed Jackson was the classic case of someone with outstanding talent who suffered rock-bottom self-esteem.

And this is the key. One of the main symptoms of low-self esteem is the desire to please others and get their validation. It's even more difficult to step off the carousel when your world is filled with people who make a very good living from what you do. But if you are also crippled with the desperate need to please them then you'd never take the chance of alienating those around you. Even if they are parasites whose opinions actually count for nothing.

Divide into workgroups and discuss the following:

1. The writer of this blog suggests that Michael Jackson suffered from low self-esteem. Do you agree?
2. Why do people with low self-esteem often spend too much time trying to please others?
3. What evidence is there in Michael Jackson's life to suggest that he may have suffered from low self-esteem? How did this show up in his choices and personal behaviour?

Once you have formed a collective opinion in your workgroup on the above questions, report back to the rest of the class. Allow each person in the group an opportunity to be involved in the report-back process.

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Your teacher will assess your report-backs using this checklist.

Checklist to assess group presentation			
Name of group:		Date:	
	Criteria	Yes	No
1.	Was it evident that the group had discussed the passage?		
2	Had the group discussed the key concepts?		
3	Had the group reached a collective opinion?		
4	Was everyone in the group involved in the discussion?		
5	Was everyone in the group involved in the group presentation?		
6	Did the group members speak clearly?		
7	Did everyone in the group use effective body language?		
8	Did each speaker make eye contact?		
9	Was the content of the presentation interesting and factual?		
10	Were the group members confident and fluent when speaking?		

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Suggested Solutions

Complete the checklist for each group.

Appendix of Assignment Tools

Checklist to assess group presentation			
Name of group:		Date:	
	Criteria	Yes	No
1.	Was it evident that the group had discussed the passage?		
2	Had the group discussed the key concepts?		
3	Had the group reached a collective opinion?		
4	Was everyone in the group involved in the discussion?		
5	Was everyone in the group involved in the group presentation?		
6	Did the group members speak clearly?		
7	Did everyone in the group use effective body language?		
8	Did each speaker make eye contact?		
9	Was the content of the presentation interesting and factual?		
10	Were the group members confident and fluent when speaking?		