

Grade 8 Life Orientation Worksheet

Positive self-concept - individual activity

Let's talk about self-concept.

What exactly is self-concept?

Self-concept is what you understand about yourself. This refers to your beliefs regarding your personality traits, physical characteristics, abilities, values, goals, and roles. It is not cast in stone and negative self-concepts can be changed. It is important to develop a good self-concept in order to value your full potential.

Self-concept can be divided into categories:

Personal or physical:

- Facts or own opinions about yourself:
 - I have brown eyes
 - I am attractive
 - I am tall

Social self-concept:

- How we think we are regarded by others and how we feel we behave socially:
 - People think I have a great sense of humor
 - I am confident
 - I am sociable
 - People think I am shy

Self-ideals or psychological:

- Your ideals, goals and personal psychological traits:
 - I want to be a doctor
 - I wish I was taller
 - I am optimistic
 - I make decisions easily

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Activity 1: Write down your good qualities (Individual activity)

For this activity, start by writing down all the good qualities you can think of about yourself. For example: 'I am intelligent', 'I am optimistic', 'I am friendly', 'I have pretty brown eyes', etc.

Once you have a whole list of good qualities – there should be many! – move on to the next part of this exercise. Try to write at least six qualities in each column.

Look at your list of qualities and place each one into one of the following categories. (Refer to the text above as a guideline.)

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Your teacher will assess your work using this rubric.

Criteria	Level 4 Outstanding	Level 3 Achieved	Level 2 Partially achieved	Level 1 Not achieved
	5 marks	3, 4 marks	2 marks	1 mark
Understands what it means to have a good self-concept	Clearly understands the concepts well.	Shows an understanding of the concepts.	Does not have a complete understanding of the concepts.	Does not understand the concepts at all.
Positive self-concept	Listed 6 or more qualities.	Listed 5 qualities.	Listed 3 or 4 qualities.	Listed 1 or 2 qualities.
Social	Listed 6 or more qualities.	Listed 5 qualities.	Listed 3 or 4 qualities.	Listed 1 or 2 qualities.
Self-ideals or psychological	Listed 6 or more qualities.	Listed 5 qualities.	Listed 3 or 4 qualities.	Listed 1 or 2 qualities.

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Suggested Solutions

Question number	Possible marks	Solution
1	20	See rubric in Appendix of Assessment Tools.

Appendix of assessment tools

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Self-ideals or psychological	Listed 6 or more qualities.	Listed 5 qualities.	Listed 3 or 4 qualities.	Listed 1 or 2 qualities.