

Worksheet 1: Self-Image and Self-Perception Assessment

Instructions:

Spend some time reflecting on your self-image and self-perception. Answer the following questions as honestly as possible. There are no right or wrong answers.

1. List three words you would use to describe yourself:

2. How do these self-descriptions make you feel?

3. Do you believe these descriptions are influenced by external factors? If yes, what are they?

4. In what ways do you think your self-perception is affecting your life?

Reflection:

5. After completing the above questions, do you think your self-image and self-perception are in a healthy state?

6. What actions could you take to improve?

Worksheet 3: Case Studies Analysis - Reading Comprehension

Instructions:

Read the following case studies carefully—"Peer Pressure in High School" and "Embracing Cultural Heritage." After each case study, answer the comprehension questions that follow.

Case Study 1: Negative Influence - Peer Pressure in High School

Description: Jenny was a high school sophomore who felt compelled to change her appearance and hobbies to fit in with her 'cool' friends, only to realize it eroded her self-esteem. You can also look back at Jenny's Story on the course page.

Questions:

1. What year is Jenny in high school?

2. What motivated Jenny to alter her appearance?

3. What is Jenny's original passion?

4. What did Jenny hope to gain by fitting in with the 'cool' kids?

5. How did the change impact her self-esteem?

Worksheet 3: Case Studies Analysis - Reading Comprehension (cont)

Instructions:

Read the following case studies carefully—"Peer Pressure in High School" and "Embracing Cultural Heritage." After each case study, answer the comprehension questions that follow.

Description: Ahmed found confidence and a positive self-image by reconnecting with his cultural roots, challenging the negative stereotypes he had internalized over the years.

6. Did Ahmed experience an increase or decrease in confidence?

7. What did Ahmed do to actively challenge stereotypes?

8. Was Ahmed's journey more internally or externally motivated?

9. How did Ahmed's family feel about his journey?

10. What was the ultimate realization that Ahmed came to?