



# Building Self-Esteem with Adult Learners

*Denis Lawrence*

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## **Building Self-Esteem with Adult Learners** Denis Lawrence

'The book is a useful introductory reader for any initial post-compulsory teacher training programme, or the early stages of a degree in post-compulsory education and training. It would also be valuable additional reading for basic skills tutors embarking on the new adult literacy and numeracy qualifications' - *Escalate*

'It is a useful and practical resource which, even if not used for the purposes of staff development, contains helpful insights into something we often talk about but rarely stop to examine' - *Adult Learners*

Self-esteem is a major factor in learning outcomes, with research consistently showing a positive relationship between how a person values themselves and their level of academic attainment.

This book shows tutors how to build self-esteem in adult learners, especially those engaged on courses to improve literacy skills. The author presents a structured programme designed to raise self-esteem and also presents a theoretical basis for the development of self-esteem. Practical activities and strategies are presented for building self-esteem in both tutor and student.

The book is organized in two parts. Part I provides tutors with an understanding of a student's psychological needs and also provides guidance on developing the necessary teaching skills conducive to the building of self-esteem. Part II comprises of the self-esteem enhancement programme.

The book will be useful to tutors working with adult learners in both further and higher education, as well as to tutors on basic adult literacy skills courses.

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