Teacher Answer Key

Case Study

1. He believed he wasn't good enough and that any mistake would ruin everything.

2. Their encouragement and recognition of his talent helped him see he was more capable than he thought, boosting his confidence.

Multiple Choice

1. C

2. D

3. A

Matching

1-B, 2-C, 3-A, 4-E, 5-D

Fill-in-the-Blank

1) self-esteem, 2) confidence, 3) weaknesses

Short Answer (Sample Responses)

Q1: Each small accomplishment serves as evidence that you are capable, reinforcing a positive view of yourself.

Q2: They can offer specific positive feedback, set achievable challenges, and provide emotional support to help counter negative self-perception.

Q3: Limiting time spent online or reminding themselves that social posts are curated can keep expectations and comparisons realistic.