

Self-Worth flourishes when students and staff know they are valued members of the school community, have people in their lives they can trust and learn from, believe they have the ability to achieve, and know their efforts and hard work are recognized and celebrated in a variety of ways—academically, personally, and socially.

When students believe they have a voice they are **32%** more likely to report having **Self-Worth**.

### Helping Students and Teachers Develop Self-Worth

Both students and teachers must experience a sense of Belonging. They should feel that they are part of the school community while being recognized, appreciated, and celebrated for their uniqueness. Students and teachers experience Self-Worth when someone believes in them and tells them so. They must have Heroes—people they can look up to, respect, and learn from. Finally, to develop Self-Worth, teachers and students must experience a Sense of Accomplishment. They must be recognized as much for effort, perseverance, citizenship, and positive collegiality as students are for high grades and good test scores, and as teachers are for engendering high student achievement results.

With Self-Worth, students and teachers are more likely to persevere through difficult tasks and take the steps needed to reach their goals.

### BELONGING



The Condition of Belonging means being a valued member of a community while still maintaining your uniqueness. It is manifested in relationships between two or more persons and is characterized by a sense of connection and support. A sense of Belonging is an important Condition for an overall sense of well-being, social engagement, competence, and a strong collegial working environment. The Condition of Belonging can enhance intrinsic motivation, for it fosters self-confidence and an investment in the community.

### HEROES



Heroes are the everyday people—teachers, colleagues, students, friends, family—in our lives who inspire us to excel and to make positive changes in attitude and lifestyles. Heroes are the individuals students and teachers connect with, who have a positive influence on them, and who listen to and value their ideas. Heroes build trust in others and belief in oneself. Educators are, by definition, Heroes to their students who look up to them as people to learn from and communicate with about many things. Students are often Heroes to teachers, and everyone can be a Hero to their peers. Building positive relationships through support, guidance, and encouragement enables students and teachers to become more confident in their academic, personal, social, and collegial growth.

### SENSE OF ACCOMPLISHMENT



The Condition of Sense of Accomplishment recognizes effort, perseverance, collegiality, and citizenship as signs of success. Schools have traditionally used a narrow view of accomplishment as it refers to academic achievement, innate ability, who is “best in the class”; a snapshot performance evaluation, or a checklist for participation in professional development. Sense of Accomplishment, however, is viewed in terms of personal and professional growth and effort, and is not strictly assessed through measurable outcomes and countable successes. Schools can celebrate a wide variety of accomplishments invisible ways. Taking time to recognize and support students’ and teachers’ efforts can help motivate them to persevere through difficult tasks, creating an appreciation for hard work and dedication.