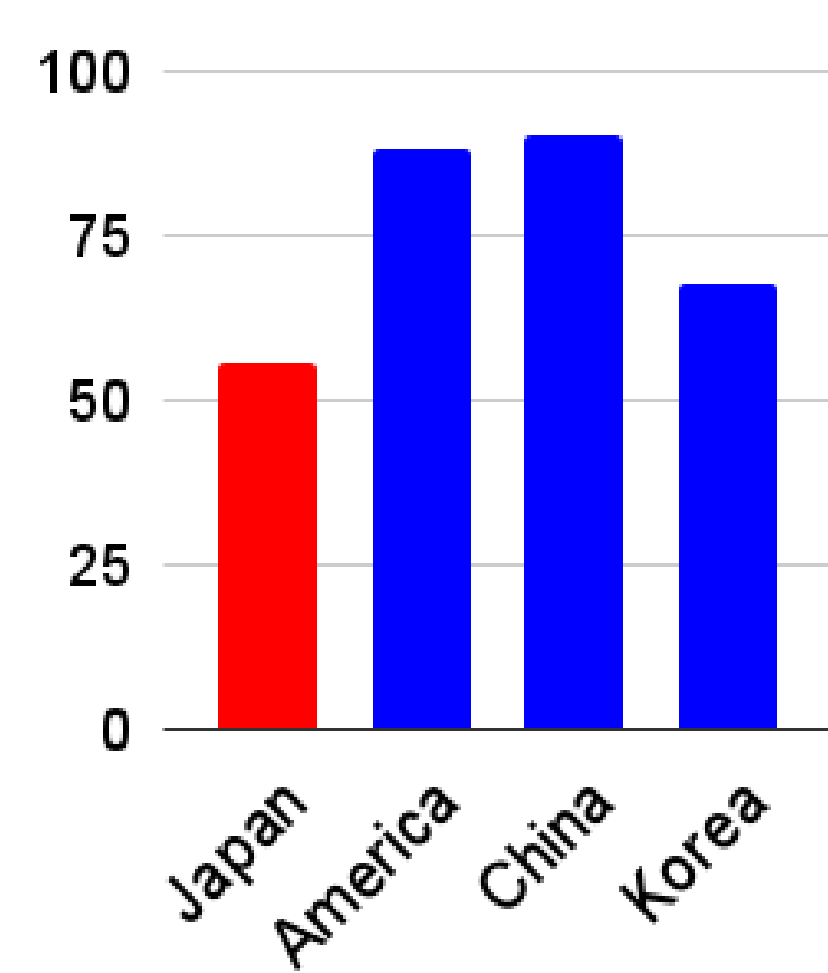


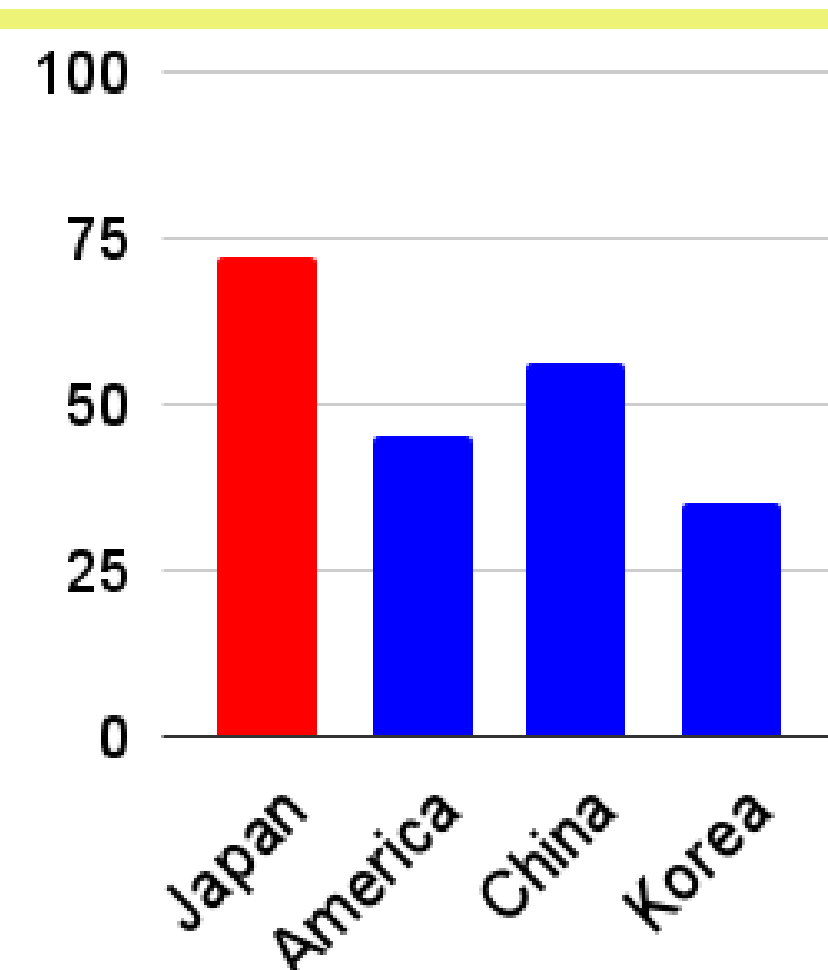
How to Improve **Self-Esteem** of High School Students through Class in Osaka

SGHN073 Osaka Prefectural SENRI Senior High School

Current situation



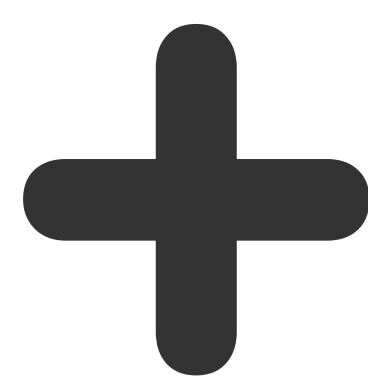
44.3% of Japanese high school students **don't** think that they have abilities like others.



72.5% of Japanese high school students think that sometimes they think they are bad person.

What is self-esteem?

To get feeling of **achievement**



To understand and accept their **identity**

Reference
文部科学省「令和4年度 児童生徒の問題行動・不登校等生徒指導上の諸課題に関する調査結果について」
「自己肯定感を高め、自らの手で未来を切り拓く子供を育てる教育の実現に向けた、学校、家庭、地域の教育力の向上」

Hypothesis

Setting goal → more motivation and feeling of achievement

Bonus point cards → get feeling of achievement

Assigning role → feel responsibility and being needed

Raising their hands with group members → convey their level of understanding to everyone

Praising each other → improve themselves

Practice

Assigning role

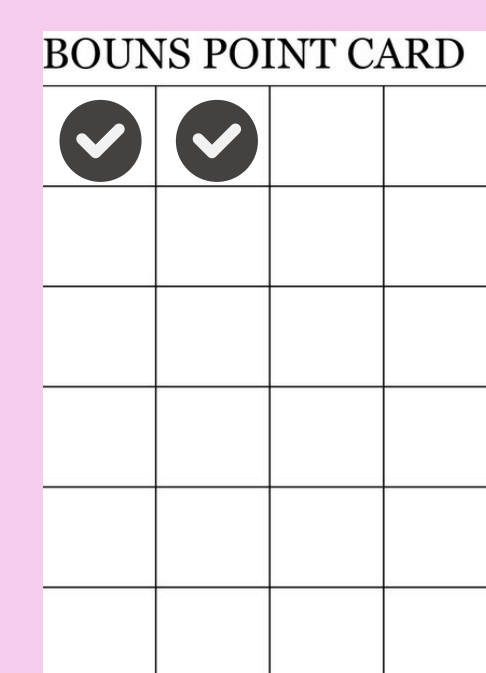
- Summarize
- Speak up first
- Ask other groups how to solve

Setting goal

Decide and Share
ex) To solve a problem without giving it up

Bonus point card

We made it!
→ Visualization their effort



Raising their hands with group members

Students raised their hands with group members many times



Praise each other

They became happy!!



Information
Date: 11/22
Participants: 22
Group: 6

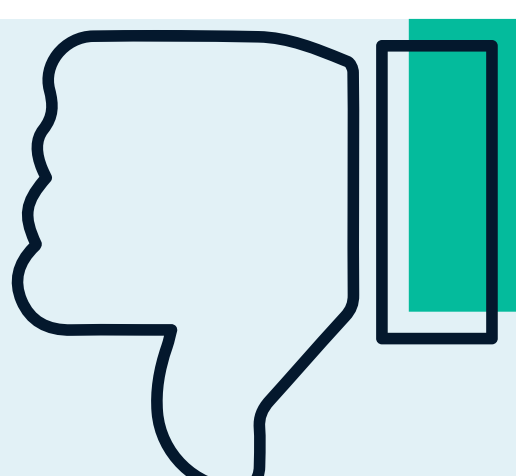
Result

- Setting goal
- Bonus point card
- Praising each other



→ **Effective for achievement**

- Assigning role
- Raising their hands with group members



→ **Result different to hypothesis**

Conclusion & Perspective

We can find how to get a feeling of **achievement**

- Find other ways to get a feeling of achievement
- Find a good way to accept their identity