IRIS (Towards an Indipendent, Responsible, Inclusive and Sustainable future)

Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in vocational education and training

Project Reference: 2021-2-IT01-KA210-VET-000048180

self-esteem test

Section 1: Multiple Choice

Section 2: Fill in the Blanks

Section 3: Short Answer

Results

Section 1: Multiple Choice

1.Self-esteem refers to:

a) How we view ourselves
b) How others view us
c) How successful we are in life

2.True or False:

Self-esteem is fixed and cannot be changed.

☐ True ☐ False

Section 1: Multiple Choice

3.Which of the following can contribute to healthy self-esteem?

a) Setting realistic goals
b) Constantly comparing oneself to others
c) Seeking validation solely from others

4.Low self-esteem can lead to:

a) Greater resilience and confidence
b) Negative self-talk and self-doubt
c) Increased motivation and productivity

Section 2: Fill in the Blanks

1.Positive self-affirmations are statements that_____

_____.

2.One way to improve self-esteem is by practicing _____

_____.

Section 3: Short Answer

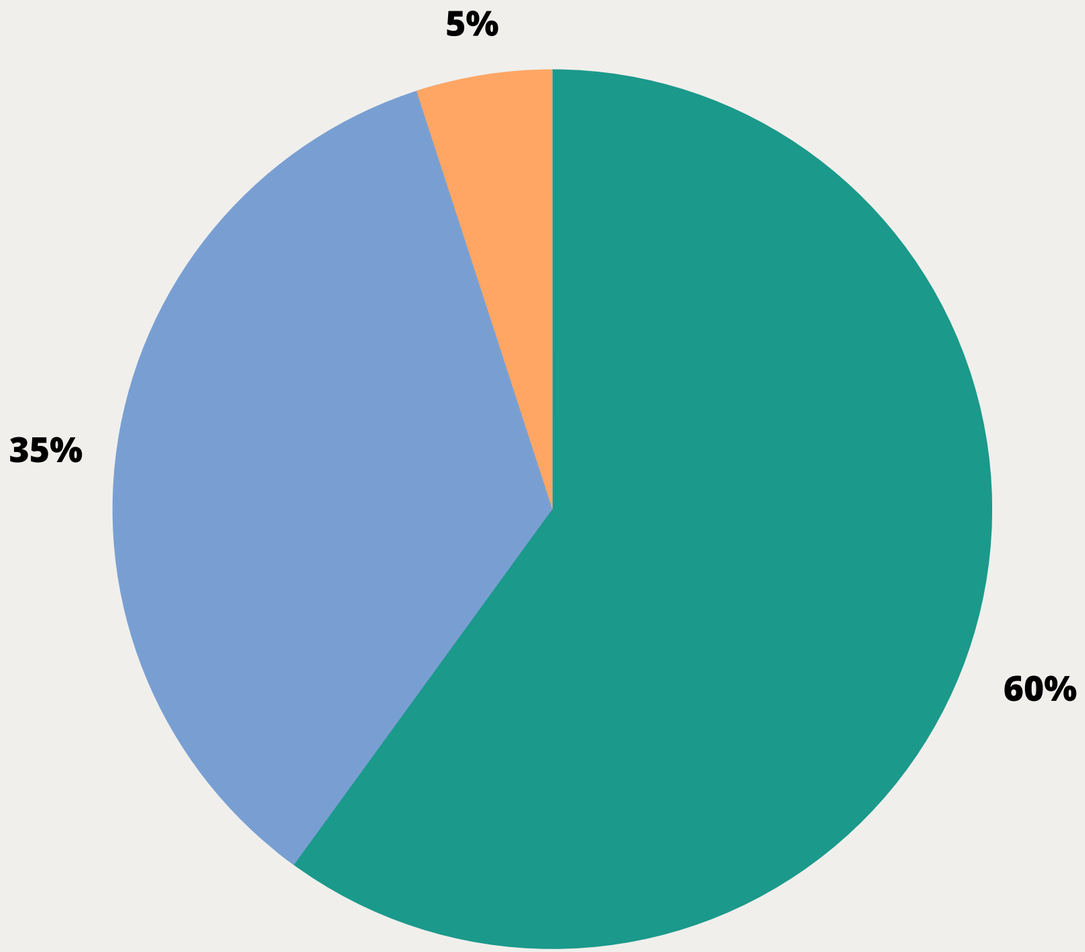
1. Name one activity or practice that can boost self-esteem.

_____

2. How does self-esteem impact one's overall well-being?

_____

results



medium self-esteem

low self-esteem

high self-esteem

60% medium self-esteem

35% low self-esteem

5% high self-esteem