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Nota di contenuto	Cover; Contents; List of figures; Foreword; Preface; Acknowledgements; Introduction; Chapter 1 - The Self-Concept; Chapter 2 - The Student's Personality; Chapter 3 - The Student with Special Educational Needs; Chapter 4 - Assessing Progress and Maintaining Motivation; Chapter 5 - Developing the Skills; Chapter 6 - The Tutoring Session; Chapter 7 - The Self-Esteem Enhancement Programme; Chapter 8 - Developing a Positive Lifestyle; Selected Bibliography; Index
Sommario/riassunto	Research shows that self-esteem is a major factor in learning outcomes, particularly for adult learners engaged on courses to improve literacy skills. This text provides the theory and practical techniques to raise students' self-esteem.