

# Assertive Self-Esteem



**FALL SEMESTER 2009**

## **Assertive Self-Esteem**

**Mondays  
5:00 PM—7:00 PM**

**Pat Patterson, Ph.D.**

**Beginning date: TBA**

**Provided as a free service  
to regularly enrolled  
students at CSU, Chico**

**For more information on this  
and other groups being  
offered during the spring  
2009 semester, come by our  
office and make a group  
interview appointment with  
the group leader.**

**Student Services Center  
Room 430  
or call  
530-898-6345**

[www.csuchico.edu/counseling](http://www.csuchico.edu/counseling)

## **PURPOSE:**

**This group is designed for  
students who want to improve  
their self-esteem and/or  
become more assertive in their  
day-to-day interactions.**

## **GOALS:**

- **Enhance your understanding of your own self-esteem**
- **Explore how distorted thinking can contribute to and fuel low self-esteem and non-assertiveness**
- **Teach you effective ways to combat distorted thinking and negative self talk to strengthen your sense of self and personal healing**
- **Improve your ability to express your feelings openly and honestly (i.e., saying what you really want to)**

**IMPROVE YOUR SELF CONFIDENCE!**

Counseling and Wellness Center  
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