

Self-Esteem and Assertiveness



FALL SEMESTER 2008

Self Esteem and Assertiveness

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 Fall 2008
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/

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-CARE SKILLS!

Psychological Counseling and Wellness Center
CALIFORNIA STATE UNIVERSITY, CHICO

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