

CASE No. 1

JULIE MESCHI

Julie Meschi is in the third grade. Even though she is a smart student, her classmates think otherwise since they never see her participate in class.

When she is unclear on what the teacher explained, she doesn't ask for help because she is afraid the class will realize she doesn't understand and might criticize her.

Julie is afraid to work in groups. She fears that the teacher or her peers might ask her to do something she doesn't know how to do.

In addition, Julie is not able to finish her homework assignments because she doesn't understand the instructions. As a result, she feels that she is not as smart as the rest of the class.

The teacher assumes Julie is not interested in school because she misses school regularly.

When some of her classmates tease her, she remains quiet instead of telling them to leave her alone.

She hangs out with other kids who are also reserved and quiet as her.

Although it's already the middle of the school year, the teacher still has not met Julie's parents.

CASE No. 2

GERALD FILLMORE

Gerald Fillmore is in the 2nd grade. His teacher considers him to be a good student because he always behaves well and pays attention in class.

During class, he is very quiet and only participates when the teacher calls on him.

When he has to work in a group, he collaborates well with his peers, but rarely takes the initiative. If someone from the group has to present the results of the project to the class, Gerald prefers that someone, other than him, take that responsibility.

Other students who are also calm and quiet, like Gerald, let him play with them because he avoids getting into problems with anyone.

Gerald tries hard to complete all of his homework and turn it in on time to avoid getting in trouble with the teacher.

If he gets a bad grade, he feels badly and worries about what his parents will say.

It is the middle of the school year and Gerald's mother has been to school only once for Open House.

CASE No. 3

NANCY LEE

Nancy Lee is a 4th grade student. Since she started to go to school she has enjoyed learning.

Nancy participates in all of the school activities and always seems to be happy when she is with her friends.

Nancy's teachers love to have her in their classes, not only because she works well in groups but also because she likes to help out her fellow classmates.

If Nancy does not understand the teacher, she raises her hand to ask for help.

When Nancy is working on something and it doesn't come out right or she is not sure how to do it, she doesn't get frustrated. She keeps on trying until it comes out right.

Nancy loves to learn new things. She always completes her homework assignment and turns them in on time.

She has told her parents that she wants to go to college when she grows up.

Nancy's parents have met with the teacher several times since the beginning of the school year and her mother goes to the classroom on a regular basis to see how she is doing.

REPORT CARD

GERALD FILLMORE
2ND GRADE

SUBJECT	POSSIBLE GRADE
Social Science	
English	
Mathematics	
Science	
Physical Education (P.E.)	
Elective Class	

A = Excellent
B = Above Average
C = Satisfactory
D = Needs improvement
F = Unsatisfactory

COMMENTS:

REPORT CARD

NANCY LEE
4TH GRADE

SUBJECT	POSSIBLE GRADE
Social Science	
English	
Mathematics	
Science	
Physical Education (P.E.)	
Elective Class	

A = Excellent
B = Above Average
C = Satisfactory
D = Needs improvement
F = Unsatisfactory

COMMENTS:

REPORT CARD

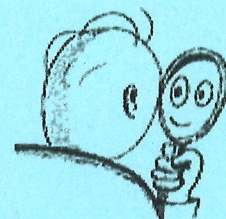
JULIE MESCHI
3RD GRADE

SUBJECT	POSSIBLE GRADE
Social Science	
English	
Mathematics	
Science	
Physical Education (P.E.)	
Elective Class	

A = Excellent
B = Above Average
C = Satisfactory
D = Needs improvement
F = Unsatisfactory

COMMENTS:

Self-Esteem:
10 Ways to Help Our Children Like Themselves



1. Emphasize the good things they do, not the bad. For a job well done, give them praise and recognition or slowly increase their responsibility to make them feel more capable.
2. Take their ideas, emotions and feelings seriously. Don't belittle them by saying, "You'll grow out of it" or "It's not as bad as you think."
3. Make sure that children don't criticize themselves when something doesn't come out right. Instead, encourage them to praise themselves when they do something right.
4. Be a good role model. Let them know that we feel good about ourselves. Also let them see that we, too, can make mistakes and can learn from them.
5. Have reasonable expectations of our children. Help them set reasonable goals so they can achieve success.
6. Show them that what they do in school is important to us. Talk with them about their activities and interests. Go to parents' day at school, drama presentations, and awards ceremonies.
7. Spend time together and share their favorite activities: go to their sports games, watch their favorite TV show with them, or build a puzzle.
8. Discuss problems without blaming or commenting on a child's character. If they are aware that there is a problem but don't feel attacked, they are more likely to help look for a solution.
9. Use phrases that build self-esteem, such as "Thank you for helping" or "That was an excellent idea!"
10. Show how much we care about them. Hug them. Tell them they are terrific and that we love them.

Based on: California State PTA - Parents Empowering Parents.

HOW TO CALCULATE THE G.P.A.

UNIVERSITY

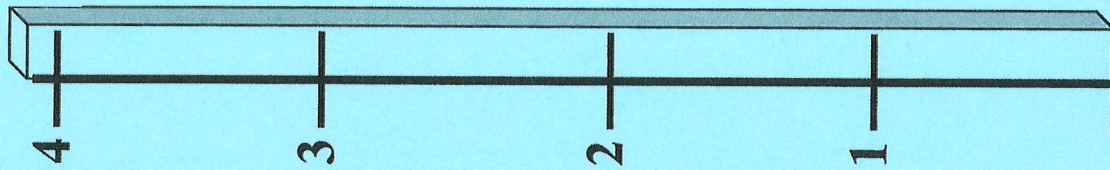


CLASSES	Julie Meschi	Gerald Fillmore	Nancy Lee
Social Science			
English			
Mathematics			
Science			
Physical Education (P.E.)			
Elective Class			
AVERAGE			

Nancy

Gerald

Julie



G.P.A.

REGULAR CLASSES: A = 4; B = 3; C = 2; D = 1; F = 0
HONORS Ranking: Must take 22 credits honors courses