

## EXPLORING AND IMPROVING THE BLACK SELF-CONCEPT

(A Short Course Taught By Ed Poindexter)

### The Curriculum (Length will vary)

1. What is the Self-Concept?
2. What is self-esteem?
3. What is race-esteem?
4. How do the above relate to black people?
5. What is self-worth?
6. What is self-love?
7. What is the self-image?
8. What is self-confidence?
9. What is EsteemQuest? (It's both comprehensive and holistic)
10. Some commonly asked questions about the self-concept are:
  - a - What are some symptoms of a poor self-concept?
  - b - The same question regarding self-esteem.
  - c - The same question regarding race-esteem.
  - d - The same regarding self-worth.
  - e - The same regarding self-love.
  - f - The same regarding the self-image.
  - g - The same regarding self-confidence.
  - h - Why are so many blacks in prison?
  - i - Why do kids bully?
  - j - Why do so many young girls want to have babies?
  - k - Will a good self-concept make me a more effective political activist?
  - l - Does a poor self-concept cause addictions?
  - m - Why is there such a high rate of suicide among youth?
  - n - Why does the attainment of sudden wealth seem to drive some people out of their minds, while making others big-headed?
  - o - Does the self-concept influence our values?
  - p - What's behind putting on a facade?
  - q - Is there a causal link between the self-concept and anger and violence issues?
  - r - Do those difficult to motivate have a poor self-concept?
  - s - Can a better self-concept improve my marriage?

- t - Do arrogant people have a poor self-concept?
- u - Can a better self-concept improve race relations in America?
- v - How can I, as a parent, insure that my children grow with a strong self-concept?
- w - Is there a religious or spiritual component to your self-concept model?
- x - Can a good self-concept help us live longer?
- y - Is there a positive link between the self-concept and creativity?
- z - The same question regarding clinical depression.
- zz - The same question regarding problem solving skills.
- yy - The same regarding learning disabilities.
- xx - The same regarding better school grades.
- ww - The same regarding criminal thinking and sociopathic thinking and behavior?
- vv - Why do street gangs appeal to so many of our youth?
- uu - Why do we hate?
- tt - Is a high self-concept essential to success?

The above are some of the issues and topics I've chosen to speak on and write about since 1991. Actually, this subject chose me when I was engaged in a discussion about our problems, then it hit me when I realized most of our problems could be solved by our taking more responsibility, and stop placing blame on "the man," and every thing and every one else other than ourselves. This amounts to re-thinking old notions about the myriad of social problems that plague us today.

I am still in prison, but am available to write, and discuss via mail, or even instruct by correspondence all of the foregoing topics and questions for a nominal fee to anyone interested.

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