Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

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Find us on Facebook by searching for "IUPUI CAPS."

Self Esteem Counseling and Psychological Services

IUPUI - CAPS

Promoting psychological health, well-being, and success for all students.

Empowering student learning, inclusion and success through engagement.
What is Self Esteem?

Self esteem is how you value yourself as a person.

If you value the type of person you are, you have a good sense of self-esteem and you're proud to be you. You also:

- appreciate your skills and talents,
- respect your own beliefs and feelings,
- look at your limitations objectively without putting yourself down, and,
- focus on growing and learning.

Isn’t High Self Esteem Being Conceited?

Having high self-esteem may seem like a curious notion. You may have been taught to be modest, to be humble, and to put others first.

In his classic essay The Art of Loving, Erich Fromm speaks of “self-love,” which he feels is closely related to love for others. He says,

The idea expressed in the Biblical “Love thy neighbor as thyself!” implies that respect for one’s own integrity and uniqueness, love for and understanding of one’s own self, cannot be separated from respect and love and understanding for another individual. The love for my self is inseparably connected with the love for any other being.

Basically, he is saying we cannot truly love others if we do not love and respect ourselves.

However, we often focus on our faults or limitations, and this can keep us from reaching our potential and having genuine relationships with others. Eleanor Roosevelt said:

Friendship with oneself is all-important, because without it, one cannot be friends with anyone else in the world.

How do I Build Positive Self Esteem?

Some tips to seeing yourself in a more positive and realistic light are listed below:

Recognize your accomplishments

Make a list of your accomplishments, no matter how small they may seem – they are yours.

Re-frame your “failures”

How you handle failure is critical. Thomas Edison allegedly said this about his quest to produce an efficient light bulb:

I have not failed 10,000 times. I have successfully found 10,000 ways that will not work.

Be willing to take some reasonable risks

A high achiever acquires confidence and pride by taking on challenging life goals, using good models and methods for getting there, and putting in the time and effort to make the accomplishments meaningful.

In contrast, a low achiever, preoccupied with avoiding failure, will either choose an extremely easy task or a very difficult one. Neither task puts you to a test - both the very easy and the impossible are cop outs.

Listen to and adjust your self-talk and goals

Learn to listen to the things you say to yourself about your goals and performance. A high achiever is “mastery-oriented” – seeking to learn and improve. A low achiever is “performance-oriented” - most concerned with avoiding failure and looking good.

If you focus on learning and mastery, you can welcome the tough challenges because you are most concerned with learning something worthwhile, not building an image.

Provide yourself with an honest evaluation

After a disappointing performance, it is important to ask yourself, and be truthful:
- What were the causes?
- What can I change?
- What is outside of my control?

A wise person will guard against assuming that unchangeable and internal factors are the sole causes of the problems. Learn to concentrate on the factors (causes) that you are able to change.

Be assertive

Be tolerant of and open to yourself and others. By putting our thoughts and feelings into words, they become clearer to us and even take on new or fuller meaning. When we receive feedback from others it helps us to increase our own awareness of self. We often find we are our own worst critic. Psychologist Sidney Jourard wrote:

Mentally healthy persons have the ability to make themselves known to at least one significant other.

Dare to be who you are. Let down your guard and let others see you. They just might like you!

Select good friends

Spend time with people who value you. People you choose to be around are often mirrors of how you feel about yourself. You can find the best in yourself and others by looking for it!

You can do it!

We hope these tips can help you. However, there are no quick-fix formulas, because, building self-esteem is a life-long process. No matter where you are on the journey to knowing and loving yourself, the further you move in it, the fuller and happier living can be. So, be yourself and enjoy yourself!