

Appendix B

Dear Parent

Thank you for agreeing to be involved in parent workshops. The workshop is for you and your family's benefit. The parent programme will include the following sessions:

- 1 Getting to know each other
- 2 Communication skills
- 3 Effective discipline
- 4 Parental involvement
- 5 Stress management
- 6 Termination

Thank you.

APPENDIX D



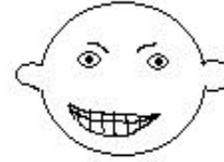
Exhausted



Frustrated



Happy



Ecstatic



Curios



Sheepish



Withdrawn



Mediative



Aggressive



Suprised



Relieved



Lonely



Interested



Concentrating



Enraged



Anxious



Hot



Cold



Suspicious



Bored

APPENDIX A

P. o. Box 761
Letaba
0870

2003-08-07

The Headmaster
Bakenberg High School
Bakenberg

Sir,

APPLICATION TO INVOLVE YOUR SCHOOL IN RESEARCH

In the year 2000, you allowed me to undertake research at your school. The study was on the identification of rebelliousness in adolescents. I hereby request to be allowed to continue with the same study of rebelliousness at your school on the 6 -7th day of October 2003.

The aim of the study is to develop school programmes that are meant to combat rebelliousness. The study will involve educators and parents only. As I am aware that it is almost examination time, I will try to be as brief as possible.

I wish to assure you of the psychological safety of the subjects who will take part in this study.

Thank you for your assistance in this regard.

Sincerely,

L.V. Mathye

Contact details:

Tel: 015 962 8156 (w)
015 303 1530 (H)
082782 2041 (C)
e-mail:keratile@mweb.co.za

APPENDIX E

INDEX OF SELF-ESTEEM

NAME:.....

DATE:.....

This questionnaire is designed to measure how you see yourself. It is not a test, so there are not right or wrong answers. Please answer each item as carefully and accurately as you can by placing a number by each one as follows:

- 1. Rarely or none of the time
- 2. A little of the time
- 3. Some of the time
- 4. A good part of the time
- 5. Most or all of the time

- 1. I feel that people would not like me if they really know me well
- 2. I feel that others get along much better than I do
- 3. I feel that I am a beautiful person
- 4. When I am with other people, I feel they are glad I am with them
- 5. I feel that people really like to talk with me
- 6. I feel that I am a very competent person
- 7. I think I make a good impression on others
- 8. I feel that I need more self confidence
- 9. When I am with strangers, I am very nervous
- 10. I think that I am a dull person
- 11. I feel ugly
- 12. I feel that others have more fun than I do
- 13. I feel that I bore people
- 14. I think my friends find me interesting
- 15. I think I have a good sense of humor
- 16. I feel very self-conscious when I am with strangers.
- 17. I feel that if I could be more like other people, I would have it made
- 18. I feel that people have a good time when they are with me
- 19. I feel like a wallflower when I go out
- 20. I feel I get pushed around more than others
- 21. I think I am a rather nice person
- 22. I feel that people really like me very much
- 23. I feel that I am a likeable person
- 24. I am afraid I will appear foolish to others
- 25. My friends think very highly of me

**APPENDIX C
REST SELF-HELP FORM**

Institute for Rational-Emotive Therapy
45 East 65 Street, New York, N.Y. 10021
(212) 535-0822

(A) ACTIVATING EVENTS, thoughts, or feelings that happened just before I felt emotionally disturbed or acted self-defeatingly:.....

(C) CONSEQUENCE or CONDITION – disturbed feeling or self-defeating behaviour-that I produced and would like to change:.....

(B) BELIEFS- Irrational beliefs (IBs) leading to my CONSEQUENCE (emotional disturbance or self-defeating behaviour) Circle all that apply to these ACTIVATING EVENTS (A).	(D) DISPUTES for each circled IRRATIONAL BELIEF. Example: “Why MUST I do very well?” SON?” “Where is the evidence that I MUST be approved or accepted?”	(E) EFFECTIVE RATIONAL BELIEFS (RBs) to replace my IRRATIONAL BELIEFS (IBs).
1. I MUST do well or very well.		
2. I am a BAD OR WORTHLESS PERSON when I act weakly or stupidly.		
3. I MUST be approved or accepted by people I find important!		
4. I NEED to be loved by someone who matters to me a lot!		
5. I am a BAD, UNLOVABLE PERSON if I get rejected.		
6. People MUST treat me fairly and give me what I NEED!		