

## AZ ÖNÉRTÉKELÉS MÓDOSÍTHATÓSÁGA KOGNITÍV FEJLESZTÉS ÁLTAL KISSERDÜLŐKNÉL

ÁGOSTON IMOLA<sup>1</sup>

*Babes-Bolyai Tudományegyetem*

**Abstract:** The self image is a subjective evaluation of one's values. Today's scientific approach defines self-esteem as a complex factor that has many sub-factors (Higgins, 1987; Markus & Wurf, 1987; Harler, 2001). One of the main research areas concerning self-esteem is the extent of its modifiability. There are many studies, which conclude, that self-esteem is modifiable through training programs. In his theory on Mediated Learning Experiences, Feuerstein (1980), Feuerstein et al, (1998) states the importance of systematically mediating to children the feelings of competence that result in helping children to learn, by cognitive education methods. In his views the mediation of one's feeling of competence is a positive influence on one's self-esteem. Based on this hypotheses, our study wants to demonstrate that by helping children to learn strategies in a short term cognitive education program they have an important benefit in changing the self-concept of the teen-agers and consequently a significant raise in their self-esteem. This raise in self-esteem, can represent a mayor contribution to their better school adaptation.

**Keywords:** self-concept, self-esteem, mediated learning experience (MLE)