

Accepting Myself

by Dr. Morton Tener

"No one can do everything, but everyone can do something. The important thing is to capitalize on the activities you do well..."

Have you ever wanted to be something different? Have you ever wished you were tall instead of short, or blonde instead of brunette, or if you were named Bob instead of Ivan, or if your parents were native born instead of immigrating to the United States?

Well, you can, to a certain extent. But the first thing you have to do before changing something is to understand what it is in the first place, accept it for what it is, and learn how to work with it. It means you have to understand yourself, what things can be changed and what can't.

Accepting yourself actually means looking at yourself, seeing yourself in the way you want other people to see you. The picture of yourself that you have in your mind affects the way you act and the things you do.

Every person is capable in certain areas from gifted in some to average in others to low in others. No one is so fortunate that one is good at everything or unfortunate that one is bad at everything.

No one can do everything, but everyone can do something. The important thing is to capitalize on the activities you do well and try to improve upon the activities that need improvement. Thus, when effort comes into play, when you understand your strengths and weaknesses, then you are ready to go on from there. Accepting yourself and trying to make improvements will lead to climbing the ladder of achievement and self esteem.

Parents and teachers and peer friends can provide continuing oppor-

tunities for self esteem and support for teens. This, in turn, empowers youth to feel better about themselves and thus make better personal choices. They are less likely to engage in high risk behavior such as drug use and violence, and more likely to succeed in school and participate more in their community. Success breeds success.

Dr. Morton Tener is in his 34th year at Glassboro State-Rowan University and his 45th year in New Jersey education. Prior to coming to Glassboro-Rowan University he was a teacher, basketball coach, guidance counselor and vice-principal in different school districts in South Jersey. Out of all the educational experiences, his greatest love is working with student teachers. He was also a former camp director for many years.

Congratulations to Dr. Tener who recently became recognized on The Wall of Fame 2002 for his achievements and for his contribution to the learning community from The Faculty Center for Excellence in Teaching and Learning.

