

Developing Self-Esteem of Secondary One Students through Summer Bridging Programmes

A secondary school has offered a summer bridging programme to S.1 students for more than four years. The programme is aimed at helping them adapt to the new learning environment both academically and socially.

Objectives of the programme

- bridge the English learning process between the primary and secondary curricular;
- help S.1 students adapt to the new learning environment;
- enhance students' self-esteem;
- create more opportunities for diversified learning activities for students.

Content of the programme

The summer bridging programme consisted of the following parts:

- formal learning activities related to English Language and Computer Literacy
- informal learning activities such as handcrafting and marching
- non-formal learning activities such as visiting the homes of the aged, painting wall pictures on the school campus, and planting trees in the school yard.

Students were required to attend the bridging course in the mornings for three weeks during the summer vacation. They were divided into different groups and looked after by senior form students who worked as group leaders. Group leaders were also responsible for planning and teaching all the courses in the bridging program.

Effectiveness of the programme

The findings from the surveys and interviews showed that there was a significant improvement in students' confidence in adapting to the new learning environment. Their self-esteem was also greatly enhanced after joining the programme. The students appreciated the chance to learn more about the school and meet new friends. It was also found that the peer tutor system played an important role in the success of the programme. Peer tutors could identify the problems of the students at an early stage. The effectiveness of the programme also depended on the joint efforts made by the teacher-in-charge and the school social worker involved in the programme.