CONFIDENCE

DEFINITION OF CONFIDENCE

SELF - CONFIDENCE

1. self-assurance: trust in one’s abilities, capabilities, and judgement. Because it is typically viewed as a positive attitude, the bolstering of self-confidence is often a mediate or end goal in psychotherapy.

2. a belief that one is capable of successfully meeting the demands of a task. —self-confident adj.

https://dictionary.apa.org/self-confidence

STRENGTHENING CONFIDENCE – SELF-TALK

CONFIDENCE BOOSTERS

• Accept yourself exactly the way you are, tell yourself “I am enough” - this includes your capacity to grow

• Say “I’m excited to learn...”

• Surround yourself with people who believe in you and cheer you on

• Making mistakes is human, we learn and grow from them

THINGS TO AVOID

• Comparing yourself with others

• Saying “I can’t...”

• People who don’t believe in you

• Treating mistakes as your failures

CONFIDENCE ENHANCING STRATEGIES

6 PROVEN STRATEGIES TO INCREASE YOUR CONFIDENCE IN YOUR ACADEMIC ABILITIES

1. Remember your success from the past
2. Remember your goals
3. Plan, don’t cram
4. Use a variety of learning materials
5. Use resources - tutoring, writing center, accommodations for documented concerns that affect your learning, library, academic coaching, etc.
6. Repetition, repetition, repetition - until you can teach others

UNIVERSITY OF NORTH DAKOTA

und.tutoring@UND.edu
UND.edu/learning-services