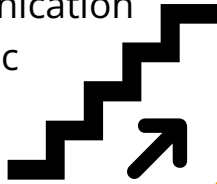# Learning to learn toolbox

4. Supporting self-confidence and strengths

One of the most important factors that help to strengthen a student's self-confidence is **believing in the student**. If the **educator believes in the student**, sees him as talented, valuable and capable, then the **student will see himself in the same way**. And on the contrary - if the educator constantly repeats that he is not talented enough, compares him with other children, says that he is inferior, the student will have absolutely no opportunity to start self-confidence.

Why is it important to strengthen a student's self-confidence?

- Lack of self-confidence can hinder the achievement of set goals and better learning results.
- Lack of self-confidence is associated with stress, tension, anxiety, communication difficulties, depression, etc., which is also associated with poorer academic achievements.
- Lack of self-confidence is associated with poorer physical health.

How to strengthen a student's self-confidence?

- **Self-knowledge.** It is important for a student to know himself from the good and the bad side. After knowing himself, the student will be able to decide which traits, competencies he wants to strengthen, and which he wants and can accept as they are.

- **Setting realistic goals.** As the student's abilities improve, so will the goals. Experiencing success more often and achieving goals builds self-confidence.

4. Supporting self-confidence and strengths

- **Stop critics.** Adequate internal criticism is an excellent indicator that helps you learn from your mistakes and understand in which direction you want and choose to improve. However, with insufficient self-confidence, the "inner critic" rages and overshadows the positive aspects. It is important to say "stop" in time and learn to look for and find an alternative approach to harsh self-criticism and negativity.

- **Reject the "all or nothing" mindset.** Often, when there is a lack of self-confidence, orientation towards extremes dominates. For example, "If I don't get maximum points, then I'm a loser", "I won 3rd place in the competition, I trained for nothing, I'm not good at sports at all." There are many other options between Everything and Nothing.

- **Relaxation and stress management techniques.** Students with less self-confidence experience more stress and tension, so successful coping with stress helps build self-confidence.

- **Get out of your comfort zone.** Facing fears head-on, trying new things, this strengthens the student's self-confidence.

- **Self care.** A student's attention to their physical and mental health and lifestyle (eg, sleep, diet, physical activity, etc.) is a great way to express self-love and build self-confidence.