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BUILDING SELF CONFIDENCE

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SELF - CONFIDENCE

A feeling of trust in one's abilities, qualities, and judgment

- Too little can lead to not taking on enough risk, a lack of success, decreased self confidence
- Too much can lead to taking on too much risk, frequent failure to deliver, letting down colleagues/collaborators

SELF CONFIDENCE

Defn: A feeling of trust in one's abilities, qualities, and judgment

• Two primary contributors

- Self efficacy
- Belief in your capacity to produce an achievement
- To exert control over your motivation, behavior, and social env
- Self esteem
- Your overall evaluation of yourself and **your right to be happy**

HOW SELF CONFIDENT ARE YOU

✘ High Self Confidence

- Do what you believe to be right, even if criticized For it
- Willing to take risks
- Admit your mistakes and Learn from them
- Extol your virtues often
- Accept compliments graciously
- "Thanks, I really worked hard on that paper."

✘ Low Self Confidence

- Govern your behavior based on What others think
- Stay in your comfort zone
- Work hard to cover up your mistakes
- Wait for others to congratulate you
- Dismiss compliments: "Oh that Paper was nothing really, anyone Could have done it."

BANDURA'S THEORY OF SELF-EFFICACY

✘ Four sources (How you see your abilities)

- **Mastery experiences** – things in the past that you have succeeded at
- **Success begets success**
- 1) Believe that **your hard work/effort** brought about the success
 - If it comes too easy however, it contributes nothing
 - Take some risk
- 2) Believe that **you are responsible** for it
 - Versus your success being due to luck or fate

BANDURA'S THEORY OF SELF-EFFICACY

✘ Four sources (How you see your abilities)

- **Mastery experiences** – things in the past that you have succeeded at ---- **continuing evidence!**
- **Vicarious experiences** – seeing people similar to you succeed
- **Social persuasion** – hearing from others that you are capable
- **Emotional status** – staying positive, managing your stress

10 TIPS FOR BUILDING SELF CONFIDENCE

1: ADMIT THE PROBLEM

- ✘ **Take stock of where you are**, think about where you want to go, and recommit yourself to getting there
- **Remember that no one is perfect.** Even the most confident people have insecurities and fail often.
- **Accept that life is full of bumps** in the road and have faith that things will be better tomorrow

2: FIND SUPPORT

- ✘ **Find someone safe you can talk frankly to**
 - People you trust, who won't judge you in future based on your current state of self confidence
- **Role-play for upcoming situations**
- **Surround yourself with nurturing friends.**
 - Watch out for those who criticize others to compensate for their own confidence issues – **Micro-aggressions** from Session I!
- **Notice and stop yourself when/if you do it to others!**
- **Be there to support others when they need it**
 - Let them know that you think they are capable! Micro-affirmations!

3. ESTABLISH REACHABLE GOALS

- ✘ **Make a list of things that will get you moving towards your PhD goals**
- ✘ **Identify the first small step needed to accomplish each item on the list and have a plan for making that first step**
 - For that rejected paper, let the reviews “age” for awhile
 - Then, reread them. Ask yourself what was good about the paper and what needs improved.
 - Develop a plan for revisions and resubmission

4. RECOGNIZE YOUR SUCCESSES

- ✘ **Do not ever, ever put yourself down**
- ✘ **Try to avoid obsessing about your failures**
- ✘ **Make a list of your recent successes, then read the list (out loud if necessary) back to yourself**
 - Think about your strengths and what you've achieved so far
 - Give yourself permission to take pride in those achievements

5. A BREAK

- ✘ **Take some time off to refresh, reflect, and enjoy**
 - Find time to exercise regularly – go for a run, bike, hike, swim, ...
 - Shut off all devices for a time
 - Have a nice meal and/or cook with friends/loved ones
 - Treat yourself to something nice
 - Help someone else

6. BEWARE OF THE “TRIPLE LOW”

- ✘ **Your experimental results don't support** your great hypothesis; your great paper was just rejected; ...
- **You just saw that person** you have such a crush on with another date; you and your partner had a huge fight this morning; ...
- **It's the first day of your period** and that pimple just erupted ...again; those 5 pounds are back; ...

7. EXHIBIT SELF CONFIDENCE

- ✘ **Speak slowly and clearly and loud enough**
 - A person who thinks they aren't worth listening to will often speak quickly and/or softly
- **Stand tall and proud**
 - Don't slouch, don't walk around with your head held low
 - Shake hands with strength and energy
 - Look your conversation partner in the eye
- **Accept greetings and compliments gracefully**
 - When asked how you are doing, say with enthusiasm “Just great.” Don't roll your eyes, groan, and say “I'm just swamped”.

8: BE EXTRA PREPARED

- ✘ **Go the extra mile**
 - Study like crazy for that exam
 - Spend more time in the lab running those additional experiments
 - Prepare a few slides for the next group meeting
 - Write, rewrite, rewrite that paper
 - Practice that talk again and again – in front of friends and not-so-friends
- **Just beware of perfectionism**
 - (or you will never finish)

9: TAKE A RISK A DAY

- ✘ **Challenge yourself everyday**
 - Don't be afraid to push yourself, a little bit of pressure is good for you
 - Remember: If it comes too easy, it will not contribute to your self confidence
- **Make it a habit**

10: STICK TO YOUR PRINCIPLES

- ✘ **Know your principles**
 - The Golden Rule
 - Your passion
 - Your lines in the sand (integrity, honesty, work ethic)
- **Then actually live them**
 - If you don't have something you believe in, you don't have anything. If you don't stand for something, you will fall for anything.

BEWARE OF THE IMPOSTER SYNDROME

- ✘ **Regardless** of success achieved or proof of competence, you are sometimes convinced that you do not deserve it
 - Proof is dismissed as luck, timing, or a result of deceiving others into thinking you are more intelligent/competent than you are
 - It is particularly common among successful women and typically associated with academics. It is also widely found among graduate students and first generation college students.

INSTEAD... BELIEVE IN YOURSELF

- ✦ No one will believe in you until you believe in yourself

“Somehow I can’t believe that there are any heights that can’t be scaled by a [person] who knows the secret of making dreams come true. This special secret, it seems to me, can be summarized in the four C’s. They are curiosity, **confidence**, courage, and constancy, and the greatest of all is **confidence**. When you believe in a thing, believe in it all the way, implicitly and without question.”

- Walt Disney

INSTEAD... BELIEVE IN YOURSELF

- ✦ No one will believe in you until you believe in yourself

“I will not be someone other than who I am. I will fight to make my stand. Cause what is livin’ if I can’t live free? What is freedom, if I can’t be me?”

Bonnie Raitt, I Will Not Be Broken

INSTEAD... BELIEVE IN YOURSELF

- ✦ No one will believe in you until you believe in yourself

And, smile often 😊

THANK YOU