



## SELF-CONFIDENCE

What is self-confidence?

Self-confidence reflects your feelings about your own self-worth. Self-esteem, or belief in our abilities, is a key component in self-confidence. Having self-confidence plays a large role in our future happiness.

People with high self-confidence are...

- able to learn from their own mistakes
- able to communicate their needs
- confident in their abilities
- not overly critical of themselves
- able to handle constructive criticism
- able to deal with obstacles and setbacks

Low self-esteem and self-confidence can lead to insecurity, unhappiness and depression. People with low self-esteem have higher rates of illness and are more likely to miss days of school and work. We are not born with self-confidence, it takes time to develop. Self-esteem is based on internal factors.

Self-esteem is a key factor in adjusting to college life. Student with a high level of self-confidence are better able to make academic and social adjustments.

To develop and maintain self-confidence and self-esteem:

- Emphasize your strengths. Focus on what you can do and give yourself credit for everything you try.
- Take risks and try new things. Look at each opportunity as a chance to learn something new.
- Forgive yourself when you make mistakes.
- Set reasonable goals for yourself.
- Avoid social isolation. Spend time with others.
- Change the way you talk to yourself. Use positive self-talk.
- Do something nice for someone else without expecting anything in return.
- Be optimistic – expect the best possible outcome!
- Celebrate your achievements!

**Would you like to learn more?**

**You can meet with a Counselor to discuss the ideas you have about yourself and your abilities. To schedule an appointment, call 704-330-6433.**