Building Self Confidence

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Please start the survey at:

http://goo.gl/forms/GTkbWxbYas
Self Confidence Survey

Let’s look at the responses!

Survey at: http://goo.gl/forms/GTkWxbYas

Survey from https://www.mindtools.com/pages/article/newTCS_84.htm
Self-Confidence – Definition

**Oxford Dictionary**
- A feeling of trust in one’s abilities, qualities, and judgment.

**Merriam-Webster**
- Confidence in oneself and in one’s powers and abilities.
How self-confident are you?

**High**
- 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

**Low**
- Govern your behavior based on what others think
- Stay in your comfort zone
- Work hard to cover up your “mistake”
- Wait for others to congratulate you
- Dismiss compliments
Challenges and Opportunities

Challenges
- Gender
- Culture
- Environment
- Social enforcement
- ......

Good News!
- Self-confidence can be learned and developed
- It is sth you must work on!
Tip 1: Identifying the Source

Comparison
• How do you place yourself among your peers on
  – knowledge
  – Intelligence
  – Hard working
  – Luck
  – Personality
  – ……

Impact
• How long does a “success” of “failure” impact your feeling about yourself?
  – half an hour
  – a day
  – a month
  – six months
  – forever
Tip 1: Identifying the Source

Decision Making

• How do you make a decision
  – based on facts and analysis
  – by estimating the impact of the decision on your future
  – depends on how others may think about your decision
  – depends on whether __________ approves of your decision
  – ...

CRA-W
Computing Research Association
Women
Tip 2: Set Reasonable Goals

**Don’ts**
- Aim for “Doing your Proposal”, “Writing your Thesis”, or “Graduating”
- Be accountable to just yourself
- Try to keep your progress record in your head

**Dos**
- Set dates but be flexible— that date may change!
- Make a Semester Plan, a reasonable list of things that should get done this semester
- Set up a support system that discusses and compares goals
- Maintain a research notebook that you write in every day
- Aim to write multiple pages every day
- Meet about goals
Tip 3: Establish a Support System

**Don’ts**
- Assume you can get through it alone
- Be afraid to talk about issues
- Assume everyone thinks the same thing
- Complain

**Dos**
- Establish and build contacts of your own peers, faculty, and outside your institution
- Aim for “comfortable spots” first
- Get advice from multiple people
- Ask for help and advice
  - “I’m confused by”
## Tip 4: Stick to Your Principles

### Don’ts
- Assume that is the way it has to be
- Pick every battle
- Don’t make research methodology a principle

### Do
- Stand up for what you believe or have someone else help you
- Decide when it is really important
- Listen and follow the advice of others (and try out your own ideas, too)
Tip 5: Exhibit Self-confidence

**Exercise**

- Write down three things that give you confidence.
- Write down the name of the most confident person among your peers.
  - Write down three things that make you feel him/her XXX-er than you?
- Write down three things that you think are your short-comings.
Tip 5: Exhibit Self-confidence

**Common wisdom**
- Stand tall
- Dress professionally
- Speak clearly and loudly
- Look people in their eyes when talking

**Individualize it**
- What works for one may not work for another person
- Positive behavior comes from positive thinking
Tip 5: Exhibit Self-confidence

Positive thinking

- Glass is always half empty \(\rightarrow\) full
- Exercise: Write down the positive spin of your three short-comings
  - Example:
    - I have such a regular life-style I can always get up early in the morning.
    - I have such an irregular life-style that I am never bothered with jet-lag when traveling internationally to attend conferences.
Tip 5: Exhibit Self-confidence

Positive behavior

- When someone great you “how are you doing”, what’s your usual response?
  - I am so tired. Just submitted a paper last night. And another deadline next week....
  - I am doing great! Just submitted a paper last night. And I am working on another paper which is due next week....
  - I am doing great! What a sunny day, ...
  - I am doing great! This morning I noticed some flower buds on the peach tree next to the entrance of the building....
  - I am doing great! I heard you just submitted a paper....
Tip 6: Be HAPPY

- Exercise: write down three things that made you happy since Monday.
- What made you happy are the small things.
Tip 6: Be HAPPY

<table>
<thead>
<tr>
<th>Common wisdom</th>
<th>Individualize it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>What makes one happy is very personal, ... it is all about YOU.</td>
</tr>
<tr>
<td>Nice meal</td>
<td></td>
</tr>
<tr>
<td>Be with family/friends, ……</td>
<td></td>
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</tbody>
</table>
Tip 6: Be HAPPY

- Exercise: write down three things that make you happy ... and the cost
  - Example:
    - Bake a bread
      - Time: 10 minutes prep, 30 minutes bake
      - Cost: 3 cups of flour, 2 eggs, butter, milk, ... $1.50
    - Trim my roses
      - Time: 10-30 minutes
      - Cost: a nice pair of leather garden gloves, $15. A good clipper, $10. total: $25.00
    - Hiking
      - Time: 1.5 hours
      - Cost: a pair of hiking boots, $50 on sale.