Building Self Confidence

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Please start the survey at:

http://goo.gl/forms/GTkbWxbYas

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Self Confidence Survey

Let᾿s look at the responses!

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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

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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

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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 you decision
  - depends on whether _____ approves of your decision
  - …

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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

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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"

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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)

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Tip 5: Exhibit Self-confidence

Exercise

- Write down three things 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

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Tip 5: Exhibit Self-confidence

Positive thinking

- Glass is always half ~~empty~~ **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.

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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….

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Tip 6: Be HAPPY

- Exercise: write down three things that made you happy since Monday.

- What made you happy are the small things.

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Tip 6: Be HAPPY

Common wisdom

- Exercise
- Nice meal
- Be with family/friends, ……

Individualize it

- What makes one happy is very personal, … it is all about YOU.

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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.

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