

Building Self Confidence

Mary Lou Soffa

Professor

University of Virginia

Yuqing Melanie Wu

Associate Professor

Pomona College



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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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Balancing Self Confidence

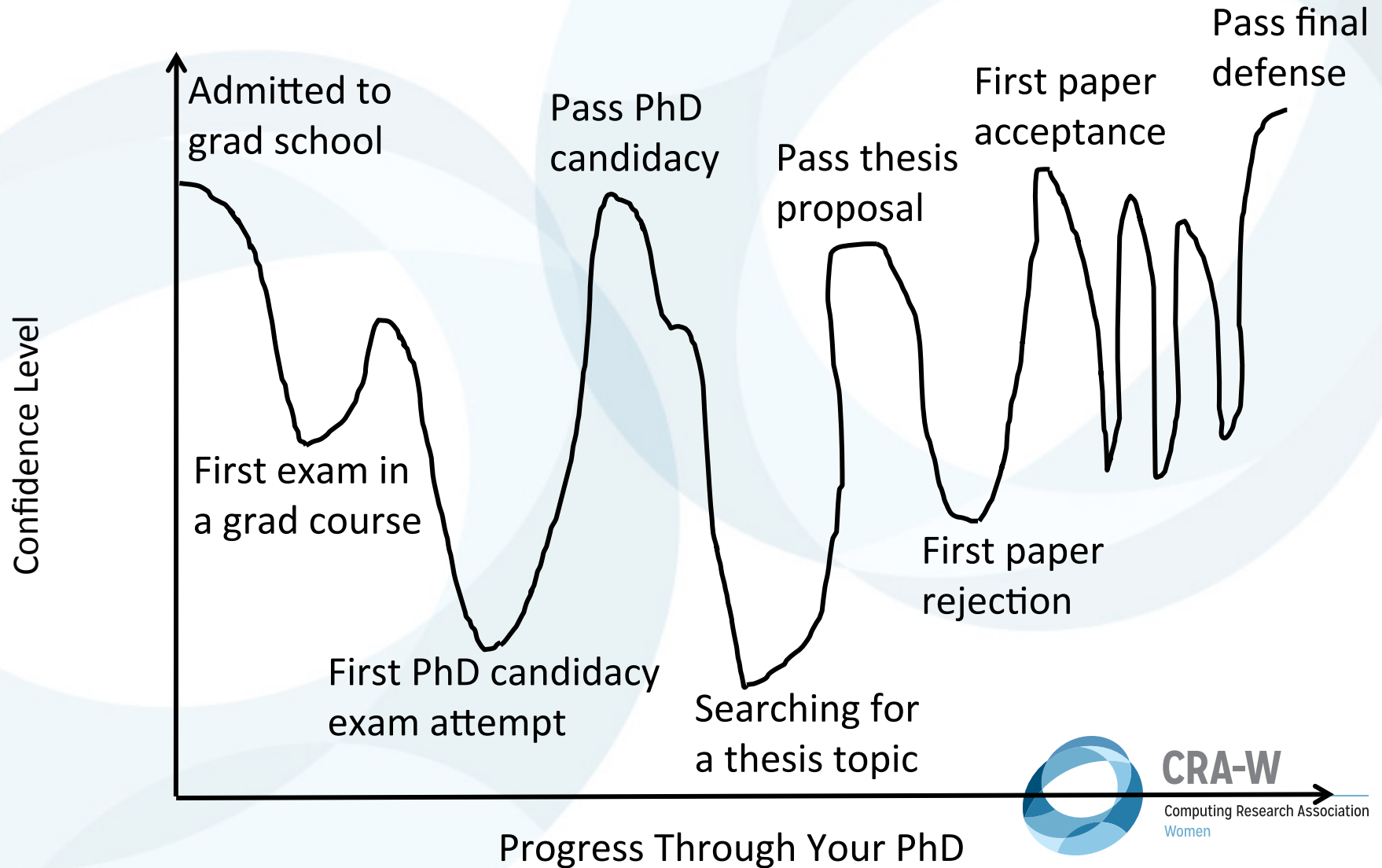
- If you are under-confident, you'll avoid taking risks and stretching yourself – you might not even try at all.
- If you are over-confident, you may take on too much risk, stretch yourself beyond your capabilities and fail badly.



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Confidence varies



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Want to be self-confident

- Not born with confidence
 - Culture, gender, environment, peers
- The Good News is that **self confidence can be learned** – and can continually improve
- How?
 - **10 TIPS FOR BUILDING SELF CONFIDENCE**



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Tip 1: Admit the Problem

Admit that

- No one is perfect – even the most confident-looking people have insecurity.
- Life is full of bumps – we will run into some sooner or later.

Evaluate

- Where you are
- Where you want to go
- What are the major huddles



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Tip 2: 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



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Tip 2 Identify 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 3: Establish a Support System

- Find someone **safe** you can talk frankly to
Make sure they are people you trust and who won't judge you in the future based on your current state of self confidence
- Surround yourself with nurturing friends.
Watch out for those who lower the confidence of others to compensate for their own confidence issues
- Be sure to be there to support others when they need it



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Tip 4: Be Extra Prepared

- Go the extra mile to be prepared
 - Study your butt off 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)



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Tip 5: Set Reasonable Goals

- Make a list of activities that will get you moving towards your goals
- Identify the first step needed to accomplish each item and have a plan for *making* that first step
- Set dates but be flexible – the date might change for better or
- Maintain a research notebook to mark your progress each da
- Develop a plan for revisions and resubmission



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Tip 6: Recognize and celebrate your successes

Recognize and be recognized

- Admit your successes to yourself and others
- Gracefully accept congratulations
- Celebrate your successes

Exercises

- Make a list of your recent successes -- do not leave it blank
- Read the list (out loud if necessarily) to yourself



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Tip 7: Take a Break

A balanced life boosts your creativity and productivity

- Improve your physical well-being: exercise regularly
- Improve your emotional well-being: enjoy some quality time with family and friends
- Reward yourself

Exercises

- Think of three non-academic activities that you enjoy
- Think of three different ways to reward yourself



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Tip 8: Fake it Until you Make it

- **Speak slowly and clearly**
 - A person who thinks they aren't worth listening to will often speak quickly and/or softly
- **Stand tall**
 - Don't slouch, don't walk around with your head held low
- **Accept greetings and complements gracefully**
 - When asked how you are doing, say with enthusiasm "Just great." Don't roll your eyes, groan, and say "I'm just swamped"



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Tip 9 Be Aware of the “triple low”

- Your experimental results don't support that hypothesis you were so hyped about;
- Your paper was just rejected
- You saw that man you have a crush on with another woman;
- You and your partner had a slamming-door fight this morning
- It's the first day of your period and a pimple erupted
- Those 5 pounds you lost are back again

....

Don't lose confidence!! Move on!

...



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Tip 10 : Stick to Your Principles

- Stand up for what you believe
 - don't assume that is the way it has to be
- Decide what/when it is really important
 - pick your battle to fight
 - be prepared
 - enlist help from others



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The Imposter Syndrome

- Regardless of success achieved or proof of competence, you are sometimes convinced that you do not deserve it - **fraud**
 - Proof is dismissed as luck, timing, or a result of deceiving others into thinking you are more intelligent/competent than you are
 - Overevaluated
 - 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.



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IN CLOSING ... Believe in yourself

No one will believe in you until you believe in yourself

“Know yourself and you will win all battles.” Sun Tzu

Think about what is important to you and where you want to go ... and then go for it !

And, smile often 😊



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Take this Online Quiz on Self-confidence

How self confident are you ?

http://www.mindtools.com/pages/article/newTCS_84.htm



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More Information

- Various web sites
 - wikiHow: How to Build Self Confidence
<http://www.wikihow.com/Build-Self-Confidence>
 - MindTools: Building Self-Confidence
<http://www.mindtools.com/selfconf.html>
 - 25 Killer Actions to Boost Your Self-Confidence
<http://zenhabits.net/2007/12/25-killer-actions-to-boost-your-self-confidence/>