

Building Self Confidence

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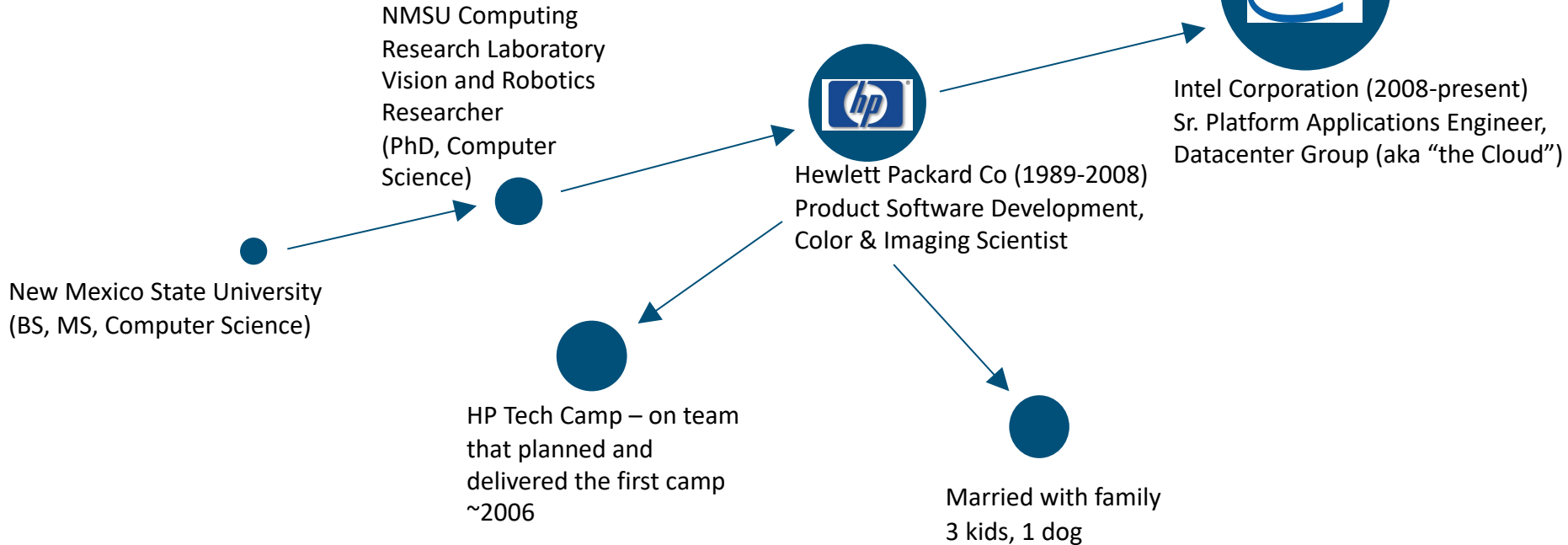


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Dr. Patty Lopez

General Co-Chair,
2013 Grace Hopper
Celebration of
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Conference



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About me: Deb Agarwal

Education

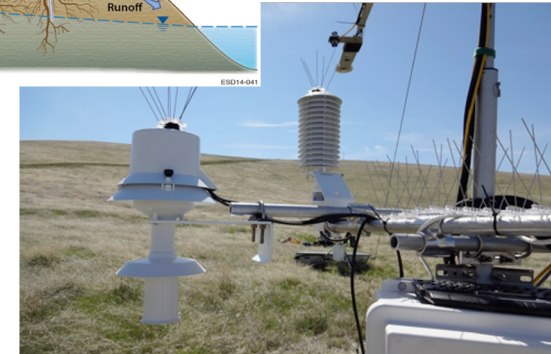
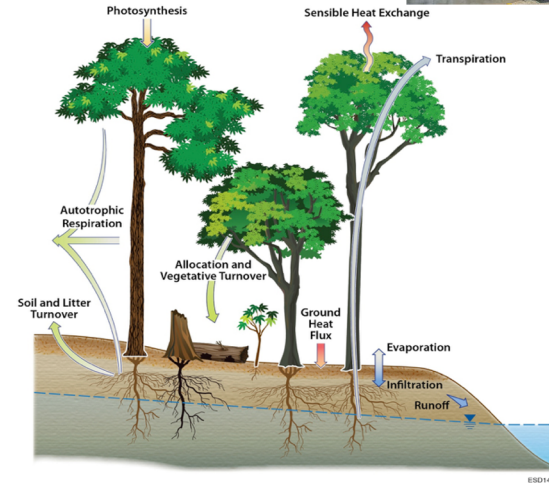
- Purdue University - BSME
- University of California, Santa Barbara - PhD CE
 - Distributed systems

Career Path at Berkeley Lab

- Intern
- Scientist
- Group Lead
- Department Head & Senior Scientist

What I work on

- Management - Data Science Dept Head
- Research - Data Science - Data lifecycle topics
- Applied Research - Eco-informatics - Data systems supporting science



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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Want to be self-confident?

- No one is born with confidence
 - Culture, gender, environment, social enforcements, peers ...
- The good news is that ***self confidence can be learned*** – and you can continually improve this skill
- How?
 - ***SOME TIPS FOR BUILDING SELF CONFIDENCE***



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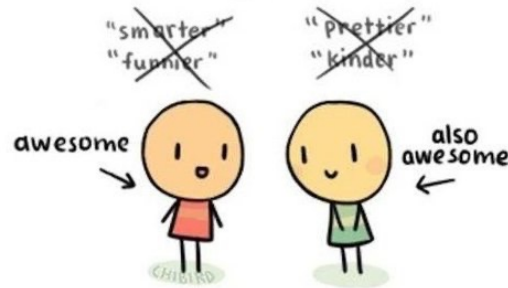
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Tip 1: STOP comparing yourself to others

Consider the alternatives

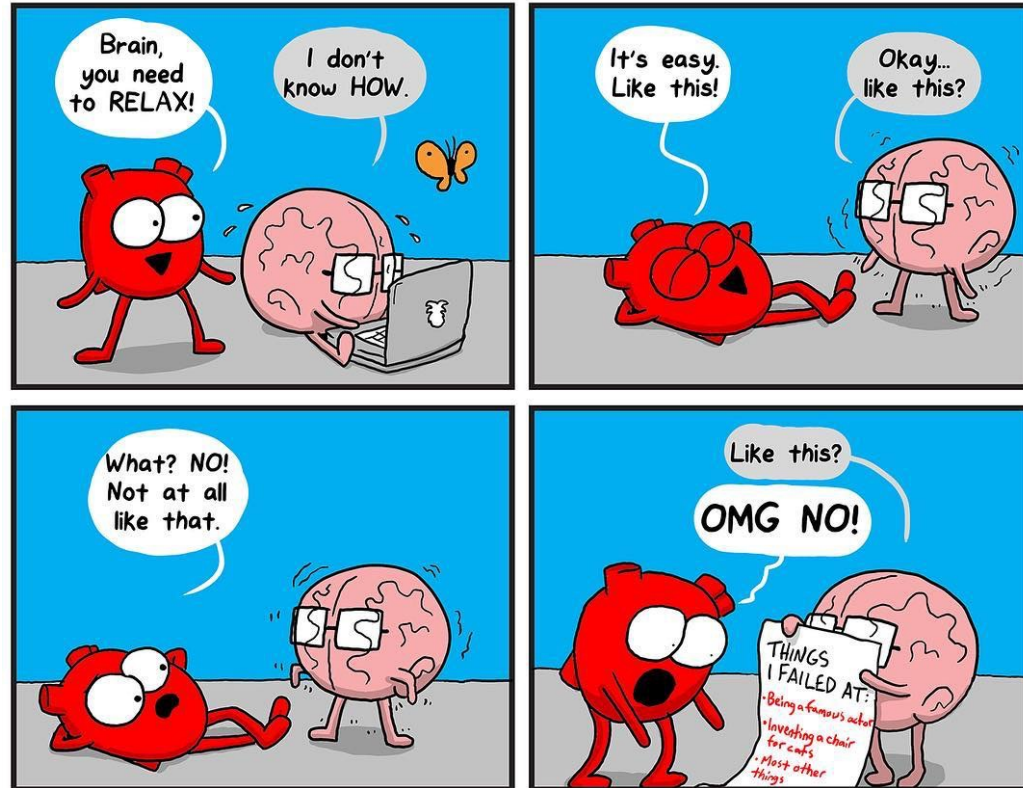
- Repeat “They have their story, I have mine ...”
- Convert envy to respect and admiration.
Include and learn from them.
- Congratulate them
- Recognize that sometimes luck *is* involved

stop comparing yourself to others.



Tip 3: Embrace Failure

- The power of “Mindset”
- Move beyond fear.
- Inherent element of learning.
- Normalize failure, we all have a part to play!



Tip 2: Establish a Support System

Please DONT

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

Be sure to be there to support others when they need it

Please DO

- Find someone safe to talk to
- Build a safe space for conversation
- Get advice from multiple people
- Ask for clarification and advice with “I’m confused by ...” or “I was surprised by . . .”



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Tip 3: Recognize and celebrate your successes

Recognize and be recognized

- Beware of Imposter Syndrome!
- Admit your successes to yourself and others
- Gracefully accept congratulations
- Don't apologize, help others to achieve too

Exercise

- Make a list of your recent successes -- do not leave it blank
- Read the list (out loud if necessarily) to yourself
- Practice Gratitude: Write three things in your journal that you are grateful for



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EXERCISE CONFIDENCE ACTIVITY



- Hear from yourself that you are capable
- Let's spend 2 minutes thinking quietly about your journey and select three things you are proud of
- Then, put it in sentences starting with “I am awesome because ...”
- Feel free to put some of these in the chat



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Tip 4: 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 *taking* that first step

Use Divide and Conquer

- Move items from your
TO DO LIST => DONE LIST
- Expect to revise and improve your plan



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Tip 5: 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 at least three different ways to reward yourself



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Tip 6: 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 - walk with your head held high

Accept greetings and complements gracefully

- When asked how you are doing, say with enthusiasm "Just great." Save your "I'm swamped!" responses for confidants, and ask for help when you need it.

Be gracious and interact with others

- Arrogance and aloofness are often used to shield lack of confidence

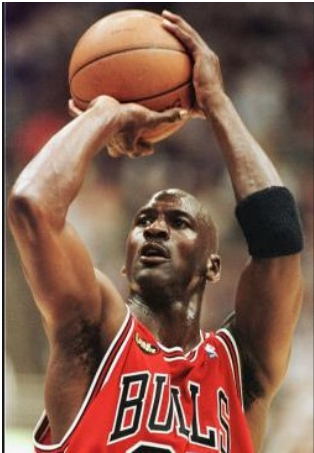


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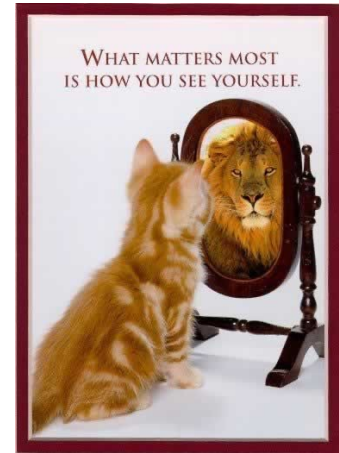
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Tip 7: Believe in Yourself

No one will believe in ***you*** until ***you*** believe in ***yourself***.



"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan



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



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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 - walk with your head held high

Accept greetings and complements gracefully

- When asked how you are doing, say with enthusiasm "Just great." Save your "I'm swamped!" responses for confidants, and ask for help when you need it.

Be gracious and interact with others

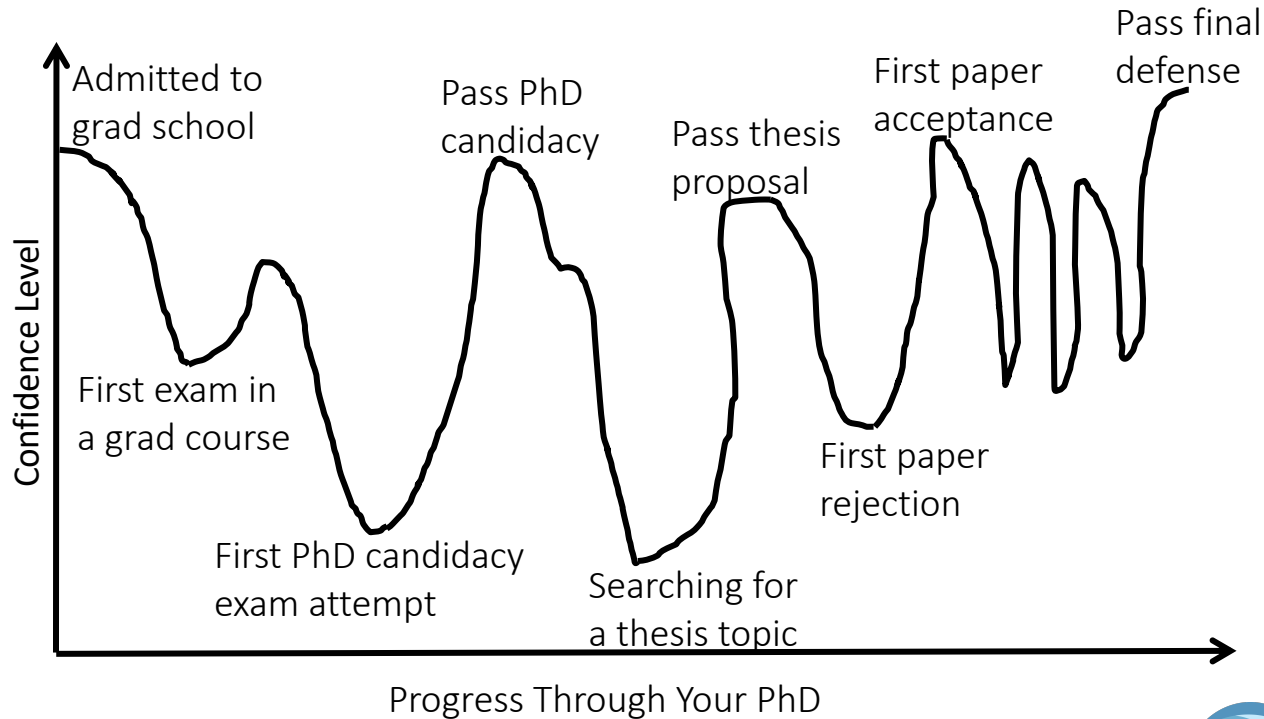
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Grad School Confidence Rollercoaster



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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/>



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Frequently asked questions:

1. What are some tricks you have used to feel confident when you don't?
2. Tell us about a time when your confidence was really shaken, how did you recover?
3. Why does it seem like all the people around but me are self-confident?
4. How do you deal with having someone who is your peer get an accolade or promotion when you thought you deserved it more?
5. How do you deal with feeling like the odd person out in a situation?
6. How do you get up the confidence to approach someone at a meeting or conference?
7. How do you get up the courage to ask questions at a talk when you are not sure that you know the question is a good one?
8. Do you ever feel like you did not earn something (e.g., an award/scholarship/promotion)? If so, how do you deal with it?
9. Tell us about a time when your lack of self-confidence got in the way or prevented you from doing something.



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Questions??
Comments!!



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