Building Self-Confidence

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Please start the survey at:
https://tinyurl.com/GCselfconfidence
Lydia in One Slide

- PhD, Texas A&M 2009
- Postdoc, UT Austin
- Assistant Professor, UNM 2011-2017
- Associate Professor, UNM 2017-present
- Research: smart motion planning for high-dimensional and complex systems (robots and molecules)
- Family: great husband, eight year old daughter, two cats, one dog
Shaun in One Slide

- PhD, U of Washington 2011
- Assistant Professor, UMBC 2011-2014
- Assistant Professor, CU Boulder, 2014-
- Superhuman Computing Lab: superhuman.cs.colorado.edu
- Research: HCI+accessibility, innovative accessible technology, making fabrication tools easier to use, tangible interaction
- Non-work activities: reading comic books, working with electronics, hanging out with 3 cats and human family, exploring beautiful nature in Colorado
Self Confidence Survey

Survey URL:
https://tinyurl.com/GCselfconfidence

Let’s look at the responses!

Survey from
https://www.mindtools.com/pages/article/newTCS_84.htm
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
- .......

Opportunities
- Self-confidence can be learned and developed
Some strategies from the organizers
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 someone approves of your decision
  – …
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

Do’s

- 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**

<table>
<thead>
<tr>
<th><strong>Don’ts</strong></th>
<th><strong>Dos</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Assume you can get through it alone</td>
<td>● Establish and build contacts of your own peers, faculty, and outside your institution</td>
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<tr>
<td>● Be afraid to talk about issues</td>
<td>● Aim for “comfortable spots” first</td>
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<tr>
<td>● Assume everyone thinks the same thing</td>
<td>● Get advice from multiple people</td>
</tr>
<tr>
<td>● Complain</td>
<td>● Ask for help and advice</td>
</tr>
<tr>
<td></td>
<td>○ “I’m confused by”</td>
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</tbody>
</table>
Let’s crowdsourcestrategies

• Load up the Google doc at https://tinyurl.com/selfconfidencestrategies

• Talk with your neighbor to discuss how you have achieved these three goals
  a. Developing Mastery Experiences
  b. Observing Others
  c. Managing Stress
Developing Mastery Experiences

• What has worked for you in the past?
Observing Others

- What has worked for you in the past?
Managing Stress

- What has worked for you in the past?
Social Persuasion

• Hearing from others that you’re capable

• Let’s spend 5 minutes talking with your neighbor about his or her research and teaching

• Then, write down a positive summary about your neighbor’s work and why it’s exciting, interesting, and important
Questions?
Tip 4: Relax