

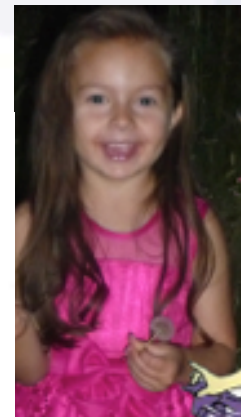
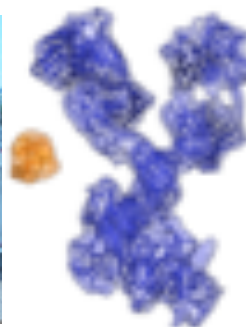
Building Self-Confidence

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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



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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

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 _ 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



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”

Let's crowdsource strategies

- 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