

DEVELOPING SELF-CONFIDENCE

Self-Confidence is the ability to have trust in your own abilities, qualities and judgment. Confident students feel more motivated, less anxious and make the best use of the opportunities that they get. Here are eight ways that you can use to develop a healthy sense of self-confidence.



1 GET TO KNOW YOURSELF.

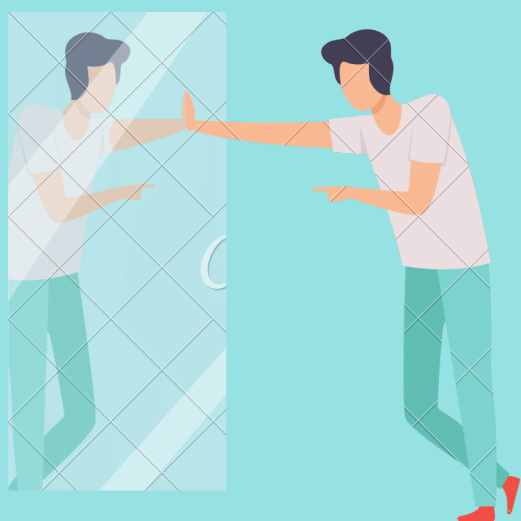
Explore your strengths. Find out the things that you are good at and work towards enhancing them.

2 STOP THE COMPARISON

Accept your individuality. Avoid wanting and wishing to be like others. When you accept yourself, it adds to your confidence.

3 LOOK YOUR BEST

Look neat and presentable. You must wear your uniform well and with a lot of pride.



4 GAIN KNOWLEDGE

Internet is a great tool to be used to gain knowledge about current affairs, new trends and popular things. Keep yourself aware. A person with awareness feels more confident in interactions with people.

5 BE PREPARED

As a student, always stay prepared for your classes and tests. A student who is always prepared feels less nervous and sure of himself.

6 SET GOALS

Make sure to set standards for you and work hard to achieve them. Achieving your goals can make a huge difference in the way you feel about yourself.



7 FOCUS ON SOLUTIONS

When you face an issue or a problem avoid complaining. Focus on different ways you can solve the problem.

8 LEARN FROM YOUR MISTAKES

We all make mistakes. Reflect upon them and learn ways to avoid them in the future. Use them as fuel for improving yourself.

