

BOOSTING STUDENTS' SELF-CONFIDENCE: STRATEGIES FOR SUCCESS

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Students nowadays often have to deal with a lot of obstacles that can affect their confidence in the highly competitive academic setting. Nonetheless, fostering and increasing students self-confidence is essential to their success and general development. According to Merriam-Webster, self-confidence is the capacity and ability of an individual to carry out a task. It involves a person's emotions, ideas, and courage in improving oneself in order to complete tasks and other duties that teachers require them to perform.

Based on studies, students' self-confidence affected their learning in a number of ways, including their ability to participate in class, set goals, become interested in the subject matter, reduce anxiety, experience at ease around their teachers and peers, and voice their opinions about the lessons they have learned. As an educator, effective strategies and techniques can employ to help students build and maintain a positive sense of self-confidence.

Promoting a positive outlook in students is one of the first steps towards increasing their self-confidence. Students should be encouraged to concentrate on their strengths rather than focusing on their flaws. Remind them that making mistakes is a normal aspect of learning and inspire them to view challenges as chances for personal development. Students will become resilient and gain confidence in their capacity to overcome hardships if a growth attitude is fostered.

Feedback is essential in helping students develop their sense of self. Give them detailed, helpful criticism that emphasizes their accomplishments rather than solely focusing on their weaknesses or places for growth. Recognizing student participation efforts and accomplishments will make them feel important and inspired to keep improving.

Building self-confidence in students requires a school climate that is inclusive and encouraging. Students should be encouraged to collaborate, cooperate, and assist one another. Give learners the chance to demonstrate their abilities through group projects, presentations, and other activities. Encouragement of a feeling of acceptance and belonging will make students feel more comfortable voicing their opinions and taking chances in the classroom.

Assist students in establishing reasonable, doable goals that complement their skills and interests. Break down highly challenging objectives into smaller, more manageable tasks to prevent feeling overwhelmed. Recognize and celebrate their victories along the way to give them confidence that they can succeed. When students achieve their goals and feel successful, their confidence will increase significantly.

Mental wellness is closely related to self-confidence. Motivate students to place a high value on self-care practices like physical activity, mindfulness, and relaxation methods. As stress and anxiety frequently hinder self-confidence, teach students ways to prepare for these conditions. Encouraging students to talk about their feelings and worries in a safe atmosphere can help improve their psychological well-being in general.

Every student contributes unique abilities, passions, and viewpoints to the classroom. Use inclusive and varied teaching resources and activities to recognize and acknowledge each student's uniqueness. Inspire students to recognize and value both their own as well as other people's strengths by highlighting the value of accepting

diversity. Students that are supported in being unique will grow to have a profound sense of self-confidence.

In conclusion, developing students' self-confidence is a complex process that calls for continuous assistance and motivation from parents, teachers, and the community as a whole. We can enable children to overcome obstacles, have confidence in their skills, and succeed both academically and personally by applying the principles that we've addressed into practice. Together, let's establish a learning environment where every student may thrive and feel confident.

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