**Increasing Academic Self-Confidence**

**1. Adopt the Success Formula by choosing the Growth Mind Set!**

Fixed mind-set: our intelligence and abilities are fixed at birth

VERSUS

Growth mind-set: our intelligence and abilities can be enhanced. EFFORT creates opportunities for growth, learning, & success.

\*Growth Academic skills Success Identity

Mind Set + necessary for learning + = SUCCESS

**2. Improve Academic Skills**

 a) Get a **tutor**

b) Visit your **professor**

c) Get a study **buddy**

d) **De-stress** (See Stress-Reducing Study Habits handout in LRC)

d) **Study** smart:

* PLRS (Preview, Lecture, Review Study handout in LRC)
* Time-spaced Learning (handout in LRC)
* Weekly Planner (time management worksheet in LRC)
* Reading strategies (SQ3R handout in LRC)

**3. Create a Success Identity**

a) **Victory Cards**: Every day, write at least one success (big or small) on a 3” x 5” card. Add it to your growing deck of victory cards and read through the deck every day. Or post the cards on a wall where you’ll be reminded often of your accomplishments!

*Research studies show that people who have high self-esteem regularly reward themselves in tangible and intangible ways. -*  Marsha Sinetar

1. **Journal:** Every day, do one of the following journal activities
* List the small and large successes you have created in your life. The more successes you list, the more you will strengthen your self-confidence.
* List your personal skills and talents. Again, the longer your list, the more you will strengthen your self-confidence. What are you good at doing? Don’t overlook talents that you use daily.
* List positive risks that you have taken in your life. When did you stretch your comfort zone and do something despite your fear? Make a long list!
1. **Visualize Purposeful Action**
* Studies show that if you see in your mind’s eye the result you want and the actions leading to it, you will perform more effectively.
* Imagine yourself taking a test confidently, creating an ideal outcome. Spend a few minutes doing this.

*If we picture ourselves functioning in specific situations, it is nearly the same as the actual performance. Mental practice helps one to perform better in real life. –* Maxwell Maltz