

Figure 5.1: Strategies to Build Confidence

Strategy	+	0	-
Encourage curiosity.			
Show appreciation for effort.			
Let students figure out solutions themselves.			
Increase student responsibilities.			
Avoid shortcuts.			
Praise often and be specific; correct with kindness (without criticism).			
Treat errors as building blocks to learning.			
Provide assistance when needed but allow students to find solutions or answers on their own.			
Celebrate the excitement of learning.			
Applaud courage.			
Provide new challenges.			

Source: Adapted from Smith, J. (2016). A psychologist says parents should do these 18 things to raise a more confident child. Accessed at www.businessinsider.com/psychologist-explains-how-to-raise-a-more-confident-child-2016-11 on September 15, 2018.