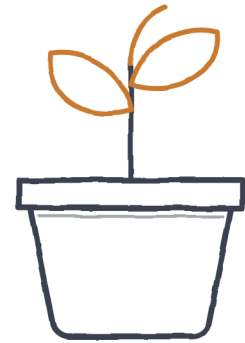


FACT SHEET • COLLEGE

Helping Your Young Person Build Confidence

Confidence at this age is rarely steady. A young person who seems sure of themselves at home can feel completely out of their depth in a new class, an interview or in front of new people, and they will often keep that quiet. Comparing themselves to peers who look like they have it all worked out does not help. A little goes a long way here.

**TIP 1****Notice effort, not just outcomes**

Praise the work that went in; the draft, the practice, the attempt, rather than only the result. It teaches them that trying counts, whatever the mark.

TIP 2**Let them struggle a little**

Stepping in too fast to fix a problem sends the message that you doubt they can manage it. Let them wrestle with something first, then help if they ask.

TIP 3**Widen what counts as success**

A single grade or one bad interview can feel like the whole picture. Point out the other things going well; a friendship, a hobby, a kindness, so nothing carries all the weight.

TIP 4**Model getting things wrong yourself**

Talk about a mistake you made and what you did next. Hearing that adults get things wrong too makes their own setbacks feel ordinary rather than catastrophic.

TIP 5**Back their own decisions sometimes**

Confidence grows from making a choice and living with it, even a small one like which course option to pick. Resist correcting every decision they make.