



Self-confidence and Self-doubt

FINDING A WAY TO COPE

Self-doubt makes all of us feel alone and this is especially true of teenagers and even more so for students who are first in their family to continue their education beyond high school. This feeling of uncertainty about your ability to accomplish something can impact a student's decision to prepare for higher education.

Self-doubt is totally normal, but it can lead to hesitation, indecision and compromising personal expectations. Feeling it does not mean that you are going to fail.

How do you build your children's confidence when they need a boost? One strategy that you can use to help your teen overcome self-doubt is to tell him or her to look back on times in the past when he or she doubted him or herself but ended up being successful. Knowledge and recognition of their past successes boosts the courage it takes to achieve their goals in the future.

Help your teen gain the confidence to try new things, tolerate failure, keep at it, get results, and feel satisfied. Be the biggest fan of your child's efforts, hard work, and determination. Tips for building self-confidence:

- Attend your child's events when possible.
- Spend time with your child.
- Make small, non-material gestures that show you care.
- Be generous with your praise about your child's effort.
- Let kids know you will be there for them now and in the future.

GEAR UP stands for Gaining Early Awareness and Readiness for Undergraduate Programs and is a federally-funded program that helps rural, low-income middle and high schools prepare students for education after high school.

Major's 101

I have no idea what I want to study. How do I choose a major? Many students begin college without a clear choice of major. At many colleges, you don't have to choose a major until the end of your sophomore year. Until then, you can take courses in a variety of fields. You'll earn general education credits that count toward your degree, no matter what you major in. As you take different classes, you'll probably find a subject area you love. Academic advisers and professors are also available to help you consider your interests and review your options.

Did you know?

Statewide, 10th graders who did not participate in afterschool activities are more likely to report lower grades in school (C's, D's, or F's) compared to those who do participate.

Apply it

Student Checklist

- Think about ways you might be able to get hands-on experience in a field you like. Consider a part-time job, internship, or volunteer position.
- Participate in academic enrichment programs, summer workshops, and camps with specialty focuses such as music, arts, science, etc.

Family Checklist

- Help your student stay involved this summer with camps, programs, volunteering or even a job. Combat boredom and prevent learning loss by insisting your student stay on a (somewhat) regular schedule and participate in summer programs, volunteer or find a job like mowing lawns or babysitting.



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GEAR UP Right Choices for Youth