

1:8



HOCO 1:9

SELF-MANAGEMENT SKILLS

SELF-ESTEEM AND SELF-CONFIDENCE

Being a student requires a healthy sense of **self-esteem** and **self-confidence**.

With the intensity of study ever-present, it is perfectly natural to experience some self-doubt.

Look out for:

- a reluctance to try new things
- losing your assertiveness and presence
- feeling that your best isn't good enough
- focusing on unimportant and irrelevant things
- becoming temperamental and thinking inconsistently
- not enjoying the challenge of striving to continually improve
- preferring to be alone more than usual.

Some proactive things you can personally do include:

- displaying any school or extracurricular achievements: awards, certificates, medals, work that has achieved good grades, etc. These will remind you what you have achieved so far and can inspire you
- imagine achieving a PB and use that feeling to inspire your efforts
- accept compliments
- confirm that you are on track by completing an 'Urgency versus Importance Matrix' regarding what you are doing (see p.143).

Some people struggle with self-esteem when they are spending more time than usual interacting online. Make sure you reach out and speak with those closest to you when you need support.



Actions

What are two things that I will start doing to improve my self-esteem and self-confidence?

1. _____
2. _____

MINDFULNESS ACTIVITY

Cooking – You are about to cook your favourite meal for your family. What do you need and what are the steps you have to take?



WHAT WENT WELL THIS WEEK?



WELLBEING TIP

Share what went well with your family; life is worth celebrating.



SOCIAL SKILLS

FRIENDS, SOCIALIZING AND EXERCISE

Your circle of friends are key players in your study and lifestyle.

A close-knit group will:

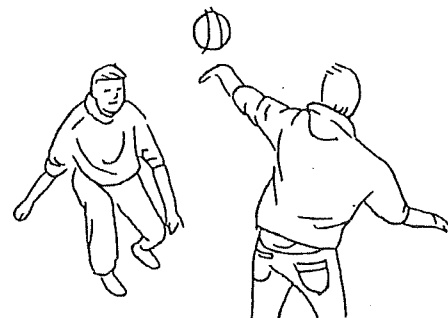
- support each other by being there
- share the highs and lows
- understand the pressures of study
- exercise or play together
- share their goals with each other
- exchange and discuss subject material and class notes
- enjoy social outlets together.

If you choose to work with a "Study Buddy":

- be very clear on your expectations of each other and the learning to be covered
- beware of the danger of it being "too social"
- remember that explaining, discussing and justifying subject material can enhance your understanding
- try to teach and test each other.

If it isn't possible to see friends face-to-face, make sure you use online platforms to meet, laugh, joke and enjoy each other's company as often as you can!

Effective study relies on a balanced approach with exercise, leisure, socializing and study going hand-in-hand.



Actions

What are two things that I will start doing to improve my focus on friends, socializing and exercise?

1. _____
2. _____

CREATIVE ACTIVITY

A word can easily be transformed into a drawing. Here is a word to transform into an original drawing: 'bird'.

