

Self Confidence



- Area: Confidence
- Inquiry question: How to effectively build self-confidence (years 3-6) to empower them to overcome internal/external challenges:

P.I.P

Results: Stage 2

- ▶ **90 students surveyed**
- ▶ Q1. 90% circled 5 and above for believing in themselves
- ▶ Q2. 80% stated they sometimes set goals
- ▶ Q3. 60% stated they were funny and 20% stated they were focused
- ▶ Q4. Only 5 out of 90 students could confidently state what a challenge is and what they did to overcome it. All 5 students stated maths, as being a challenge. However, through constant effort and perseverance, were able to become confident in maths.
- ▶ It is very alarming, how stage 2 students couldn't recognise a challenge.

Results: Stage 3

► 95 students surveyed

Q1 95% circled 8 and above for believing in themselves

Q2 90% stated they usually set goals

Q3 85% said they were focused, committed and motivated in their learning. Other responses were respectful, courageous and enthusiastic

Q4 90% could recognise what a challenge was and how they overcame it. Some of the responses were

- I. finding difficulties in maths but persevered and never gave up trying,
- II. experiencing hardship in sentence structures, like simple, compound and complex, but through constant practice at home and school, managed to write cohesive sentences,
- III. learning how to speak English, which was extremely difficult as they spoke predominately in their native language. Through constant practice and outside lessons, managed to speak and write English effectively.

Recommendations

- ▶ According to the **Canadian Mental Health Association**, by implementing the following tips, will in turn increase confidence in children.

1. **Making children feel special**. It's important for you to help your children discover their own unique talents and qualities, and to value their own strengths. But also teach them that feeling special doesn't mean feeling better than others.

2. **Setting goals**. Teach your kids to work towards a goal and to have pride in their accomplishments. Provide them with opportunities for success.

In stage 2 students at GEPS, stated they sometimes set goals, so this will be an area moving forward to help our students set achievable and realistic goals. Stage 3 students were better with GOAL SETTING.

3. **Try, try again**. Encourage your children to try things their own way, face challenges and take risks. *Again, in stage 2, our students couldn't identify a challenge, so this will be another area moving forward to help identify, what are challenges and what can be done to overcome them!* Stage 3 students didn't have an issue with this.