

Professional Confidence

Goal 2: Life Skills

Narrative: In a residential environment, it is imperative that students learn skills that will help them lead healthy, independent lives in their adolescence and beyond. Students will display growth as/evolve into competent, self-sufficient individuals that are capable of overcoming personal and professional challenges.

Learning Outcomes:

- Students will demonstrate competence in skills essential to thrive in a professional setting
- Students will demonstrate competence in personal life skills required to live independently
- Students will practice steps for positive decision making
- Students will develop an ethical mindset to approach difficult situations

Goal 3: Interpersonal Intelligence

Narrative: A thriving individual needs the skills to advocate for themselves and collaborate with others in a variety of situations. They should understand the impact of their actions on others. It involves effective verbal and nonverbal communication and the ability to entertain multiple perspectives

Learning Outcomes:

- Students will display effective interpersonal communication skills such as effective conflict resolution strategies, verbal and nonverbal reactions in social situations and how they differ amongst individuals.

- Students will develop effective leadership skills

Specific Lesson Outcomes:

- Students will be able to increase their confidence in themselves (whether it may be in their schoolwork or career endeavors).
- Students will be able to combat different obstacles that stand in the way of their confidence (i.e. imposter syndrome).

Implementation:

I have provided [a Google Slide](#) that you are free to copy and adjust based off of your wing. (The script uses a lot of my own verbage, so feel free to change it depending on what fits you best.)

It's part lecture, part discussion.

Presentation Flow:

- Confidence Killers (and how to deal with them) and Discussion
- Confidence Boosters and Discussion
- Final Tips and Tricks from Students

**Optional: Padlet.com is a resource that you can use if you believe that you will have a better turnout of answers if students have the opportunity to post answers anonymously.*

Goal Assessment:

On Canvas, an assessment should be made for the students with the following questions:

- Tell me one thing you are confident about when it comes to your professional self.
(This can range from academics to your work life.)
- Tell me one thing you are insecure about when it comes to your professional self.

Then, give me a tactic you can use to combat that feeling.

- What's one new thing you learned from today's program?

Sources

Youtube Videos:

<https://www.youtube.com/watch?v=MfD7I4iWeTg>

Articles:

- <https://www.businessnewsdaily.com/7828-women-career-confidence.html>
- <https://www.forbes.com/sites/jacquelynsmith/2012/03/06/how-to-be-more-confident-at-work/?sh=57cec20fd9b2>
- <https://news.virginia.edu/content/study-overbearing-parents-lead-long-term-struggles-relationships-education>
- <https://blossomtips.com/how-to-deal-with-controlling-parents/> (note: this blog post could be better, but the tips are pretty solid)

Images:

Gonzalez, Rafael. *Ash Playing Yu-Gi-Oh*. Digital. 18 May, 2021.