



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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“BUILDING YOUR SELF-CONFIDENCE”

1. LEARN TO HANDLE YOUR FEELING

- ❑ Like every other person, you'll have days when you feel angry, sad, hurt, frustrated or stressed out.

Don't let these feelings overwhelm you. Find ways to let your emotions out – physical activity, talking to someone, writing in a journal. When you learn to cope with your feelings in positive ways, you'll feel stronger inside.

2. KNOW THAT YOU'RE RESPONSIBLE FOR YOUR BEHAVIOR

- ❑ Other people may try to influence you with their words. They may pressure you to do things you don't want to do.
- ❑ They may put you down to make themselves feel better. Instead of lashing out at those people or letting them talk to you into doing something you don't want to do, stop and take a deep breath. Realize that you always have a choice – and that choice is to do what's right for you. Even though it's hard to stand up to pressure or harsh words, you can do it. You'll feel more secure and confident if you do.

3. BECOME A SMART DECISION-MAKER

- ❑ You're probably used to having decisions made by your parents, teachers or other authority figures. But you're also getting the chance to make more decisions for yourself: which classes to take, which activities to get involved in, who to hang out with, how to spend your time, and so on.



- ❑ Making decisions takes confidence and builds confidence. Give yourself the opportunity to make more decisions in your life. It helps to ask for advice from friends and adults you trust.

You may also want to write down the pros and cons of each decision and look at your options carefully. If you end up making a choice that you later regret, don't beat yourself up. This is all part of being human. Let yourself learn from your mistakes.

4. FOCUS ON YOUR LIFE, NOT ON OTHER PEOPLE'S LIVES

- ❑ It's easy to look around and compare yourself to people you think are "better" than you. You may see cliques or popular people who seem to have more confidence and power than you do. You may convince yourself that these people are "perfect" and that their lives are so much happier and more interesting than yours.
- ❑ Don't let yourself fall into the trap of comparing yourself to others. Instead, focus on your life and your goals. What can you do to improve your life? Make a list of actions you can take. If you really want to make your life better, start on your list today.

5. BE YOUR OWN CHEERING SECTION

- ❑ Remember that how you talk to yourself plays a big part in how you see yourself.

Instead of focusing on what's going wrong in your life, tell yourself what you're doing right. Instead of thinking, "I really screwed that up," you might think, "That didn't go the way I wanted it to, but next time, I'll know the right thing to do."