

# Confidence and Learning for Life

Confidence is about believing in your own abilities. We all have different levels of confidence in different areas. Learning for Life helps us to improve current skills and learn new ones. This helps to develop our confidence. Here are some situations where you may have developed your confidence through learning:

- Learnt a new skill, perhaps as a hobby or in a club;
- Volunteered or completed work experience or a part-time job;
- Been part of a team or group in or outside school;

If you can think of another way that you have learned new skills or improved your confidence write it here:

When you are looking for a job it is important to be confident in interacting with others. Use the table below to assess how you feel about this now.

	I consistently do this	I sometimes do this	I don't often do this
I am happy to talk with people the first time I meet them			
I can discuss things that are important to me with others			
I can speak clearly about things I am good at			

School life provides many opportunities to develop our confidence around others, including group work, class assemblies and clubs. You may have similar opportunities outside school. Write down below one action you could take to develop your confidence when interacting with others:

Use the table below to assess whether you are Learning for Life:

	I consistently do this	I sometimes do this	I don't often do this
I get involved in new activities at school and out of school			
I care about doing my best			
I like to learn about how I can do things better			

Now think of something that you would like to achieve before you leave school. This might be to get better at something or to learn something new. It does not have to be a big thing – you might want to learn how to make scrambled eggs, or to do it better. Write your goal down here:

The column on the left suggests some ways to learn or improve this skill. Write some specific steps you can take in the right hand column.

Following instructions in a book, podcast or video clip	Which ones?
Asking someone for advice	Who?
Working with someone who can do this	Who?
Joining a club or group	Which group?