

CONFIDENCE 101

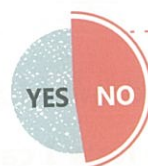
What is confidence?

Confidence is the feeling of believing in yourself and your ability to do something well.



Did you know?

A study finds that many kids and teenagers in Taiwan don't have much confidence.



48% of them do not have confidence in themselves.



36% of them often feel they are not as good as others.

Why is building confidence important?

Confidence is connected to learning. When you have more confidence, you learn better.



How can you build confidence?

● Practice self-talk.

Tell yourself that you are good and that it's okay to make mistakes.

● Make your talents shine.

Getting better at things you are already good at brings you more confidence.



● Don't compare yourself with others.

There's always someone whose ability is better than yours. We are all different. Just be yourself.

● Change your body language.

You can raise your confidence through your body language, so let your body lead your mind.



confidence 自信

ability 能力

compare 比較

contact 接觸

國三 Let' s Vote 閱讀及應試 補充資料

1. 自信心的提升及穩定應答
2. 不要浪費太多時間在既有的疑問，適當分配應答時間
3. 運用自信心原則，不自我懷疑過多，就題意適度假設及
解答
4. 應試的時間需掌握、閱讀題的題組，不用逐字逐句完全
解析
5. 聽力考題，須預先掃讀一次選項的關鍵字，有助於聽力
理解