



## Improving Student Confidence

Dear Student,

Feedback from UWL students has indicated that being confident at University increases how happy they feel and their sense of belonging. It increases their achievement and continuation, and helps them to feel proud of their own growth and academic development during their time at the University. To help you out, we have developed this guide which provides tips from UWL students on how they have improved their confidence whilst studying at UWL.

1. **TAKE A CHANCE:** You already have by joining UWL! Our students have said that by continuing to do something new, different and outside of their comfort zone, they increase their confidence by acknowledging their fear or hesitation and then overcoming it. Being courageous and taking a chance improves confidence.
2. **TAKE PART in the classroom:** students stated that their confidence improves when they begin contributing to discussions in class, increasing their ability to speak up and share ideas in group situations. By participating in discussion, this will 'challenge' you to achieve the best of your work.
3. **READ study materials:** not surprisingly, reading the subject material provides students with more subject knowledge, thus increasing their confidence in classroom discussions, assessments, and in delivering presentations and completing assignments.
4. **BE PREPARED for presentations:** talking in front of peers is always daunting, but students have improved their confidence in delivering presentations by ensuring a full understanding the subject, preparing the material in advance, and practising before delivering the presentation. Being well prepared improves confidence in speaking in front of their peers.
5. **JOIN a group society:** Engage with your Student Union or another society. Students have stated that joining a group (sports group, a society, a volunteer organisation etc) increases their level of confidence by increasing their friendship circle and network, improving their ability to mix with and relate to diverse peer groups.
6. **TALK TO OTHERS:** communication both with staff and peers has helped students improve their confidence. The ability to communicate thoughts, ideas and concerns allows them to develop, grow and also to share successes and concerns. Taking time to talk to people at the university improves confidence and to feel part of a community of staff and students.
7. **PEER MENTORING:** getting a peer mentor and/or becoming a peer mentor both improve confidence by enabling you to share your insights and lessons learned with other peers. For more information, visit [Study support | University of West London \(uwl.ac.uk\)](#)

If you need any help, ask your Lecturer or Personal Tutor. If you have any questions or need study support, please email: [Study.Support@uwl.ac.uk](mailto:Study.Support@uwl.ac.uk) or visit our Study Support hub

Paper adapted from [Recipes for Students Success](#), University of Derby