

CONFIDENCE & RESILIENCE

The levels of confidence and resilience we all have will vary significantly.

They will be affected by past experiences and attitudes. If we have been repeatedly told we're not very good our willingness to try something and fail will be low.

Coping mechanisms will be in place to get through the day and cover the fear of failure:

- Avoid work
- Avoid a problem rather than face it
- Mask our anxieties with over-confidence
- Stay quiet and avoid notice

The ability to fail first in a safe environment builds resilience and with resilience comes confidence.

Staff are keen to build confidence and resilience in students. They aim to create safe environments that:

- give you confidence to try and fail and try again.
- enable you to see failing and trying again as a strength not a weakness
- define 'fail' as a 'first attempt in learning'
- encourage you to have a go and get it wrong rather than not do it at all

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.