

Record your achievements

You are amazing but you probably don't think so!

This is called the **negative bias** and we all have it. It's a subtle way that our brains try to keep us safe. But often it means that we doubt ourselves and confidence starts to dip.

A practical way to get over this is to keep a regular note of things you have achieved – both in school and in your other activities too.

Put a reminder on your phone to update your list at regular times – once a month might be a good start.

Remember to include any good test results or achievements, plus things you have done which you are proud of.

You might also want to include a note about things you have overcome – like concern about doing a presentation in front of your class for example.

After a short while, you'll be able to look back on the list and see just how far you have come. This is brilliant for building up confidence.

Having a list like this also makes it easier when you have to start putting together a personal statement or CV as you come to the end of Year 11.