

Dr. Linda's

Tips for boosting your confidence

Dr. Linda Papadopoulos is one of the most well-known and respected psychologists in the UK. She often appears on the TV and radio and was *Cosmopolitan* magazine's resident psychologist for over 15 years.

Here she shares her tips for feeling more confident with numbers and maths. These are all useful in other aspects of life and learning too!

1 GET COMFORTABLE WITH BEING UNCOMFORTABLE

Once you start trying something you feel uncomfortable with, eventually it gets easier. Try the 'fake it 'til you make it' method. Confidence can be emulated; once you start, your confidence will grow. It's a positive feedback loop!



Dr. Linda
Psychologist

2 SET REALISTIC & CLEAR GOALS

Give yourself the best chance of success by working to improve incrementally, in bite-sized chunks. Don't expect too much, too soon. Mark your progress along the way by telling someone what you have achieved.

3 FAILURE IS A PART OF SUCCESS

Improvement is not a constant upwards journey, it's up and down. When you hit a dip, don't give up. See the failures of part of your success. Remember to focus on your action, not the outcome. So reward yourself for the action of trying your best or studying hard, not for the outcome, such as an exam grade.



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