

Confidence building

Listen!



Let's Think

1. What does confidence mean to you?
2. What qualities do confident individuals usually share?

You are Rosaline. You are reading a presentation script about building up confidence.

Good afternoon everyone,

It's my pleasure to talk to you here. I'm the school's social worker, Celia Wong. Today, I'm going to talk to all of you about one important thing—confidence.

5 Have you ever heard of the saying 'Confidence does not guarantee success, but the lack of it certainly leads to failure'? One's confidence is one of the deciding factors in whether one can succeed in accomplishing a particular task. With confidence, one can overcome one's fears by focusing on the bright side of a situation. Without confidence, one is very likely to be terrified of possible failure and discouraged from making any attempts.

10 Sometimes, when things do not go the way we want them to, we may be left feeling frustrated and unmotivated. From my experience, I have learnt that a lot of students tend to feel this way after they have performed unsatisfactorily in exams.



15 So, is it possible to regain our confidence? Sure! The first thing we should do is to pay attention to our self-talk and eliminate negative thoughts. We have self-talk all the time. For example, if you come across a few questions that puzzle you during an exam, you will possibly hear a voice in your mind saying that 'I could possibly fail the exam'. If it turns out that the results aren't pleasant to you, you'll probably start reproaching yourself. At this point, positive self-talk would be of great help. Try to

20 have positive self-talk like 'I can learn a lot from this experience, and I will perform better in future exams.' By having hopeful self-talk, it is easier for us to fully exploit and develop our potential.

In addition, try to draw up a daily schedule and write a list of your strengths and past successes. Having a schedule to stick to helps us manage our time more efficiently.



Whenever we feel discouraged, we may review the list and see how much we have accomplished. Remember, confidence is the key to success and it's something we can build up within ourselves. I hope my presentation is useful to you. Thank you!

25

(346 words)

Part A

Answer the following questions using the information from the presentation script. Choose the **BEST** answer and blacken **ONE** circle only.

- The main purpose of the presentation is _____.
 A. to point out the reason why people fail in general
 B. to illustrate what a social worker does
 C. to explain the importance of confidence to success
 D. to criticise students who are always unconfident in themselves
- According to Celia Wong, it is _____ to overcome fears if one _____.
 A. possible...focuses on no more than two tasks at a time
 B. difficult...keeps on thinking about the bad things that might happen
 C. impossible...takes a positive attitude towards challenges
 D. easy...is discouraged from believing in oneself
- The third paragraph is mainly about _____.
 A. the dangers of self-talk
 B. calmness and confidence
 C. ways of unlocking our potential
 D. the importance of positive self-talk
- Read line 23. The words 'In addition' can best be replaced by '_____'.
 A. Furthermore
 B. As a consequence
 C. To sum up
 D. Despite

Grammar Corner

Gerunds function as nouns. We often use nouns or **gerunds** immediately after **prepositions**. We never use bare infinitives right after them.

e.g. *Without confidence, one is very likely to be terrified of possible failure and discouraged from making any attempts.*
(Lines 8-9)

Try to identify its main idea. Read the opening and ending lines of the paragraph.

Part B

Answer the following questions using the information from the presentation script. Write your answers in the spaces provided.

1. As the school's social worker, what had Celia Wong observed that made her realise that many students are not confident?

2. Find words in the presentation script that are closest in meaning to the following. Fill in each blank with one word.

| | | |
|--|-----|-----------------|
| very important and influencing a situation | (a) | (<i>adj.</i>) |
| efforts to achieve something | (b) | (<i>n.</i>) |
| make someone feel confused | (c) | (<i>v.</i>) |
| feeling or inspiring positive thoughts | (d) | (<i>adj.</i>) |

-  3. You are the next one to perform at a singing contest and you are feeling extremely nervous. Think of an example of negative self-talk.

4. Complete the following diary entry by filling in each blank with one word.

Dear Diary,

Today, my school's social worker (a) _____ an informative (b) _____, in which she talked about confidence and shared (c) _____ of (d) _____ it (if we happen to have lost it because of unpleasant past (e) _____, such as underperforming in an exam). I've benefited hugely from her words of wisdom! Now, I'm aware that confidence does not (f) _____ secure success, while the lack of it makes one (g) _____ for sure.

Vocabulary Bank

The following are some positive traits. Match them with the correct descriptions. One of the words is not used.

discreet decisive imaginative sensible amiable
passionate unassuming persistent versatile

He or she is very careful about the things done or said to avoid hurting others' feeling.

1.

He or she has a range of different skills and abilities, and is able to do many things.

2.

He or she is easy-going and friendly. It is very easy to get along with him or her.

3.

He or she does not give up easily, even though there are many difficulties.

4.

He or she can make decisions quickly and with confidence.

5.

He or she is practical and makes reasonable judgements based on reasons instead of emotions.

6.

He or she is modest, showing no wish for attention or admiration.

7.

He or she has strong feelings and enthusiasm for something.

8.



Let's Discuss

1. Apart from confidence, what qualities would help one excel academically?
2. In your opinion, why do people say that confidence is directly related to happiness?