Self Esteem and Self Confidence

Self Esteem and Self Confidence is a Life-Long Learning Process Based on Past Experience and Performance....

Tips for Building and Maintaining

- Self Awareness-Know who YOU are
- "DEVELOP" Yourself
- Recognize Your Strengths
- Accept Your Successes
- Be Accountable, Not Critical
- Take a Break
- Reward Yourself
- Seek a Mentor

Nurture it with as much care as you would a tender sapling; not criticizing it for not being a tree, but recognizing it for it's potential and stage of development.

Student Health Services 312.567.7550 student.health@iit.edu