

# How College Counselors Effectively Help Students Build Confidence

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**Abstract:** For college students, the most important task during their high school years is to work hard to get into college. Under such pressure, they do not have much time to focus on other aspects of development, nor do they gain a sense of satisfaction from multiple fields. Therefore, in the colorful environment of university, these students will show even less confidence. As is well known, confidence is a very positive energy. If a person has more confidence in themselves, they will be more creative and have a greater chance of achieving success in all things. And university counselors play a very important role in guiding the thinking of college students, so it is very important for university counselors to help these students who lack confidence gradually build confidence in themselves. Due to the various manifestations of a lack of confidence, it is necessary for counselors to master the ability to conduct in-depth analysis of students' daily behavior, in order to clearly and accurately identify whether students' behavior is caused by a lack of confidence. Furthermore, due to the inherent differences in personality and the environment in which each student lives from a young age, there may be deeper reasons for their lack of confidence. Therefore, for different students, each of them has different needs, and counselors need to help each student in a targeted manner, rather than adopting the same approach for each student. This article will start from analyzing the manifestations of lack of confidence and the reasons that lead to it, and gradually analyze how counselors can effectively help students build confidence in university.

**Keywords:** College Students; Lack of Confidence; Counselors; Building Confidence

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## 1. A lack of confidence in one's performance

### 1.1 Always complaining

Students who lack confidence sometimes like to complain about everything around them and often blame others. The fundamental reason for this is because they try to appear better by belittling others. They refuse to acknowledge responsibility for everything that happens to them, and choosing to shirk responsibility is easier for them. They always believe that 'the problem lies with others' or 'others must change'.

### 1.2 Indulge oneself

Students who lack confidence often try to meet their needs in negative ways, such as smoking, drinking, video games, food, and so on. They gained temporary satisfaction from those methods and covered up their pain and inferiority. This approach actually means that they want to temporarily escape reality and do not want to admit their shortcomings, nor do they want to change themselves.

### 1.3 Always need to be recognized

Students who lack confidence will show an urgent need for attention and recognition from others. The fundamental reason for doing so is that these students who lack confidence do not recognize their own value and importance. They need to hear continuous affirmation from others to confirm that they are accepted and recognized, such as: you are good, you are beautiful.

### 1.4 Strong competitiveness

Students who lack confidence often show a strong desire to win in most situations, or always try to prove themselves right. This behavior indicates that they are eager to prove themselves to the people around them, so that others can more recognize and agree with them.

### 1.5 Hesitation and procrastination

People who lack confidence are usually afraid of making decisions because they are worried that their decisions are not correct, and they are also worried that they do not have the ability to do what others expect them to do and what they should do. Therefore, they choose not to start, or their efficiency is very low.

## **1.6 Perfectionism**

Some people who lack confidence always hope to be right in any situation, so they will always do their best to do their best. They do not allow themselves to make mistakes in order to avoid criticism and negation from others.

## **1.7 Disguise**

People who lack confidence sometimes like to disguise themselves. They always show off their material wealth or exaggerate the facts that happen to them in the crowd, and sometimes they intentionally attract others' attention. They will not let anyone discover their true feelings, in order to conceal their sense of inferiority. Because they want to hide their true and insecure selves under their own protection.

## **1.8 Self pity**

A large proportion of people with self pity syndrome lack confidence, have a very serious dependence on others, and they are in great need of attention and sympathy. They often control others through illness because they know that 'playing a weak person' can evoke sympathy from others. When one person is sick, others will show sympathy and try to meet their needs.

## **2. Reasons for lack of confidence**

Psychological research shows that self-evaluation is a gradual internalization process of an individual from external evaluation to internal evaluation. Therefore, lack of confidence is a negative emotional experience that arises psychologically from external stimuli that interfere with a person's self-evaluation process. The reasons for students' lack of confidence are multifaceted, summarized as follows:

### **2.1 Lack of education on ideals and beliefs**

Some students' parents lack cultural literacy and do not know how important it is to establish ideals and beliefs for their children; Some students come from impoverished families, as they have been constantly working to keep their families running smoothly, so they do not have time to worry about their children's education; Some students grow up in single parent families, while others are left behind children Their ideal and belief education is even lacking, and they have never thought about becoming what kind of person they aspire to be.

### **2.2 Failure to properly evaluate self-worth**

Most students only worked hard every day during high school, so after entering university, they didn't know what else they could do besides studying; Some students fail in the college entrance examination, so they are not satisfied with their university and feel confused and unsure about their future, lacking hope and goals; Some students may be under pressure from their families, and their parents always make voices of dissatisfaction with themselves; Some students have a poor external image, and they are often inevitably hurt during their growth process, which makes them very sensitive and fragile internally, such as height, skin color, appearance, and so on.

### **2.3 Not forming a correct worldview of values**

Some students' parents do not convey the correct values, or their parents often argue with each other, which can affect their children's formation of positive attitudes; Some students are also influenced by some bad film and television works, resulting in extreme values and worldviews such as the jungle.

### **2.4 Not growing up in a normal and warm environment**

Research has shown that if a person's growth environment undergoes some changes, their personality may exhibit varying degrees of defects, such as being abandoned, violent, deceived, disaster, and so on.

## **3. How can counselors effectively help students build confidence**

Counselors need to make students truly feel love and develop a sense of trust in them. Sukhomlinsky regards teacher care for students as the "mystery of education", while Ushensky believes that love from teachers is the "most useful sunshine that cannot be replaced by anything" in school. Students who lack confidence often feel empty and lonely inside, and they need the care and understanding of teachers even more. Students who lack confidence are more sensitive in their hearts than other students, and the teacher's words and actions can cause greater fluctuations in their hearts. Although many teachers in reality believe that they are caring for their students, the number of students they can feel is often very small. A random survey was conducted on 100 teachers and the students taught by these teachers. The respondents asked the teachers, "Do you love your students?" More than 90% of the teachers answered, "Yes. And when asked to these students, 'Do you feel the love from the teacher for you?', 90% of the students answered 'no'. Therefore, in the process of caring for students, counselors need to pay special attention to whether the love they give can be understood and trusted by

students, and ultimately achieve satisfactory results. Counselors must pay attention to their own way of caring for students, not to harm their self-esteem, but to move them with more inclusive love.

Counselors should set appropriate goals for students, allowing them to feel the joy of success step by step. In helping students build confidence, counselors need to understand each student's family background and personality traits, and guide them in setting goals that are practical for them. If the goal is too difficult and students cannot achieve it through hard work, they will become discouraged and feel even less confident due to failure.

Counselors should regularly encourage their students to persevere in their work. American psychologist Jesse Lair once said, "Praise is like the sunshine that warms the heart, and our growth cannot do without it." Any child needs to be appreciated, and students who lack confidence need constant encouragement and praise from teachers. Counselors need to view students from a developmental perspective, expressing appreciation when they make minimal progress. Students will work harder and become more confident.

Counselors need to help students discover their strengths, as each student has their own strengths in a certain field. From this, it can be seen that the root cause of students' problems is not a question of intelligence, but rather a question of where they are smarter and how to unleash their intelligence. Students who lack confidence often have low self-esteem and cannot find their shining point. Faced with this situation, counselors need to help them understand themselves correctly. For example, although there is a student whose academic performance is not very good, he can perform excellently on the court; Although one student has weak organizational skills, he is good at thinking and researching; Although a classmate is timid and shy, he is humble and easygoing, and has good popularity... As long as the counselor helps students conduct comprehensive analysis, it will definitely make students who lack confidence feel their shining point.

Counselors need to use some techniques and methods to help students break away from their inherent understanding of certain difficulties. For example: (1) Emotional transfer. Students of table tennis teams who do not enjoy writing are required to write about their experiences and lessons learned in playing, as well as to allow them to express their ideas about playing in their essays. Although these students do not enjoy writing, they are not resistant to writing because they are very interested in playing ball games. By transferring between the two, writing essays is no longer difficult for this group of students. (2) Scene reproduction. Perhaps some students' lack of confidence is due to their fear of difficulties in certain things. For this group of students, finding the things they have achieved success in the past allows them to feel the emotions of that moment of success again, and reproduce their passion and state at that time. Counselors use scenario representation to dispel students' fear of difficulties and enhance their confidence in doing things. (3) Compensation Law. Counselors and teachers can encourage students to cultivate their inner selves, thereby stimulating their enthusiasm for realizing themselves through positive internal drive. Let them break through their shortcomings with diligence, persistence, and optimism.

## 4. Conclusion

University is an important transitional stage for students from school to society, and once they enter society, they will face severe competition in the workplace. Therefore, if students can enter the workforce with confidence, it will have a very positive impact on their social life. As a university counselor, first of all, we should attach importance to cultivating students' confidence. Secondly, we need to adopt different educational methods for different students to make our education and training more effective!

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