

4 Effective Strategies to Boost Your Confidence as a New Grad

by Lindsay Meister

About the author



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Initially, many new grads struggle with confidence when entering the workforce. Transitioning from studying to working is a massive change, and it takes time to feel comfortable in your new role.

Therefore, we have compiled a few useful strategies you can implement to boost your confidence and help you succeed.

Don't let low self-confidence hold you back. You've got this!

Recognize Your Worth



First, let's explore our relationship with ourselves. Comparing ourselves to our peers can be tempting, but it often takes a toll on our confidence. Even without a speck of experience, you deserve dignity and respect. Being open to learning, challenging yourself, and continuously improving can go a long way.

In addition, asking for regular feedback from your employer can help you see what you're doing well and get support in areas where you have room to grow.

Build Confidence by Identifying Transferrable Skills





A lack of confidence \neq a lack of skills. You have your own unique set of skills and experiences to offer. Likewise, succeeding in post-secondary is no small feat, and many of the skills you gained will benefit you in your new career.

Another strategy to help you feel more confident is recognizing your transferable skills. Take time to reflect on:

- Soft skills: time management, problem-solving, creative thinking, teamwork, initiative, organization, etc.
- Hard skills: research, presentation, writing, and other skills specific to your career (ex. Computer programming, nursing, marketing, etc.)

Additionally, don't forget anything you learned from co-ops, volunteering, part-time jobs, or extracurriculars.

Get to Know Your Learning Style



Exploring your unique learning style is equally important as knowing what skills you have to offer. Understanding how you process information best can help you develop systems that support your learning style.

Do you need to take detailed notes to retain information from presentations? Perhaps you do best when you receive written versus oral instructions. Or maybe your most creative ideas arise from conversations with colleagues. Further, knowing your learning style can also help you to choose roles that align with your skills and further increase your confidence.

Set Realistic Expectations for Enhanced Confidence



"The journey of a thousand miles begins with a single step," said Laozi, a Chinese philosopher.

Setting smaller goals can subsequently help boost your confidence and maintain motivation over time.

Further, don't underestimate the power of relationships. Experienced colleagues can be a valuable asset, as they can share their knowledge, skills, and experience with you.

Lastly, make sure to never stop learning. Take the initiative to build new skills and take advantage of free professional development opportunities. Consider taking courses outside of work that can help you level up.

Conclusion

Overall, you will experience a lot of firsts at the beginning of your career. Don't forget to celebrate your successes – even the little ones! Finally, remember that you are often your own biggest critic and that building confidence takes time.

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