BUILDING SELF-CONFIDENCE AMONG PUPILS

by:
Carmela C. Diga
Teacher III Abucay North Elementary School SDO Abucay Annex

School is the learner’s second home and a reception for better education. It is designed to provide learning and an institution to educate the children. It is also known as learning environment and family atmosphere for teaching the pupils under the direction of a teacher. Some pupils are quiet, very sensitive, and shy. When the teacher calls them during recitation, they will not answer, and they will just keep silent. During school programs, they do not participate in any activities because of the stage fright feeling. Some of them just sit on their places and watch who performs well on the stage, who can act, sing, dance, and recite a poem. They speak and read in a very soft voice that the teacher sometimes doesn’t understand what they are talking about or what they have said.

People wonder why they act like that, maybe because of some factors that affect the self-confidence of the learner. Poor self-confidence may be the result of lack of support from parents, stressful life, unrealistic goals, and anxiety. In order to avoid this, teachers must communicate well with their pupils. They should build the self-confidence in their pupils by giving praises and rewards. They should motivate them, encourage them to pursue their dreams and the goals in life. Simple praises, like very good and nice work mean a lot to them. They will feel that their teacher appreciates their efforts.

Therefore, by means of appreciation they will believe in their abilities, potentials and talents. They will volunteer to recite during class discussions, engage in varied activities and cooperate with their groupmates. Most of all, they are happy to study in all aspects. When a pupil develops his emotional aspect, which involves self-confidence and
self-esteem, he will become more active in school activities, he will always participate in classroom discussion and he will share his knowledge and skills to his classmates.

Every day will be the best day for the learner and for the teacher.

References:

https://www.learnersedge.com/blog/building-self-confidence-in-your-students